

VIRTUAL GROUP SCHEDULE

Monday

10:00AM-Coffee & Mental Health-MEETING ID: 227 481 833

12:00PM-Co Dependency Support-MEETING ID: 922 136 1403

3:00PM-Focus on the Positive-MEETING ID: 462 267 458

Tuesday

10:00AM- Inspiration Hour-Meeting ID: 861 427 542

2:00pm-Overcoming Depression-Meeting ID 883 259 6258

5:00pm Schizophrenia support group-MEETING ID: 851-270-5837

Wednesday

Sobriety Support-MEETING ID 774 1276 4919

2:00pm-Meditation & Mindfulness-MEETING ID: 894 864 801 Enter Password 763 857

5:00pm-LGBTQIA+ Support-MEETING ID: 339-109-627.

8:00PM-Women's Wednesday-MEETING ID: 224 562 874

Thursday

10:00am-12 Skills to better Mental Happiness-MEETING ID: 337 707 1635

1:00pm-Bipolar 1 & 2 Support-MEETING ID: 851-270-5837

3:30pm-Anger Management Support Group-MEETING ID: 922 123 2137

Friday

10:00AM-Parents as Peers Support-MEETING ID: 421 367 545

11:00am-Panic, Anxiety & OCD-MEETING ID: 665-547-6456.

2:30PM-Depression & Suicide Survivor Support-MEETING ID: 978-649-853

4:00PM-Living with Anxiety & Depression-MEETING ID: 851-270-5837

Saturday

2:00PM-Overcoming Depression-MEETING ID 976-297-396