



## Free Virtual Support Groups

Join us weekly for Confidential Peer-led Support Groups!

There are 2 easy ways to join our virtual meetings:

1. Call in by phone to 1-669-900-6833 and enter the meeting ID followed by # OR
2. Go to <https://www.zoom.us/join/> on your internet-ready smart device and enter the Meeting ID and/or Passcode for the group meeting you wish to Join.

<b><u>MONDAYS</u></b>	9:00 am – 10:00 am PST	<b>Men In Recovery</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 895 5351 5245 Passcode: 2021
	11:00 am – 12:00 pm PST	<b>Real Talk</b> <a href="#">Click here to Register &amp; Join Zoom Meeting</a> Meeting ID: 811 1341 9411
	1:00 pm – 2:00 pm PST	<b>Power of Women</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 890 9054 4826 Passcode: 2311
	4:00 pm – 5:00 pm PST	<b>Grief and Loss Group</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 813 8730 9561 Passcode: 2021
	5:00 pm – 6:00 pm PST	<b>Battered Not Broken</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 867 2792 4262 Passcode: 2021
	6:00 pm – 7:00 pm PST	<b>A Better Life: Tools for Empowerment</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 883 6193 9328
<b><u>TUESDAYS</u></b>	11:00 am – 12:00 pm PST	<b>You Go Your Way</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 864 2605 2896 Passcode: 2021
	12:00 pm – 1:00 pm PST	<b>We Who Empower &amp; Support</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 891 1670 6674
	3:00 pm – 4:00 pm PST	<b>Healing Through Music</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 856 5125 6639
	4:00 pm – 5:00 pm PST	<b>Heal Your Heart (Grief &amp; Loss)</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 816 2492 0407
<b><u>WEDNESDAYS</u></b>	9:00 am – 10:00 am PST	<b>Checkin' In With M</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 833 2546 1991
	11:00 am – 12:00 pm PST	<b>Club Our Way</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 847 8004 3322 Passcode: 2021
	11:00 am – 12:00 pm PST	<b>United &amp; Living with Bipolar</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 842 6545 7074



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<u>THURSDAYS</u>	3:00 pm – 4:30 pm PST	<b>Tattered Flower: A Sexual Abuse Recovery Group</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 865 1519 5373 Passcode: 2021
	9:00 am – 10:00 am PST	<b>The Hills &amp; The Valleys</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 865 4299 4508
	11:00 am – 12:00 pm PST	<b>Boats Against the Current <i>Starting 5/27!</i></b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 852 4085 0389
	1:00 pm – 2:00 pm PST	<b>Espiritualidad/Spirituality (<i>En Espanol/Presented in Spanish, English Translation available</i>)</b> <a href="#">Haga clic aquí para unirse al grupo/Click here to Join</a> Meeting ID: 851 4101 8677
	1:00 pm – 2:00 pm PST	<b>Empowerment</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 849 1418 6938
<u>FRIDAYS</u>	3:00 pm – 4:00 pm PST	<b>Alcott Club</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 833 1946 9471
	11:00 am – 12:30 pm PST	<b>Road to Recovery</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 839 6941 4185
	12:00 pm – 1:00 pm PST	<b>Walking with Friends</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 814 0166 2072
	1:00 pm – 2:15 pm PST	<b>Morenx (Writing Group)</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 867 8061 6057
	1:00 pm – 2:00 pm PST	<b>Mental Health Wellness Group</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 894 5678 2497
	2:00 pm – 3:30 pm PST	<b>The Power of Self-Care</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 869 6977 9312
	3:00 pm – 4:00 pm PST	<b>Friends of the Manor</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 818 2089 0959
	<u>SATURDAYS</u>	1:30 pm – 2:30 pm PST
8:00 pm – 9:30 pm PST		<b>A Slap in My Face: A Group for Processing Life's Disappointments</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 864 0134 8941 Passcode: 2021
10:00 pm – 11:00 pm PST		<b>Colors of the Darkness: Hues of Mental Health Recovery</b> <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 883 1933 2829 Passcode: 2021