

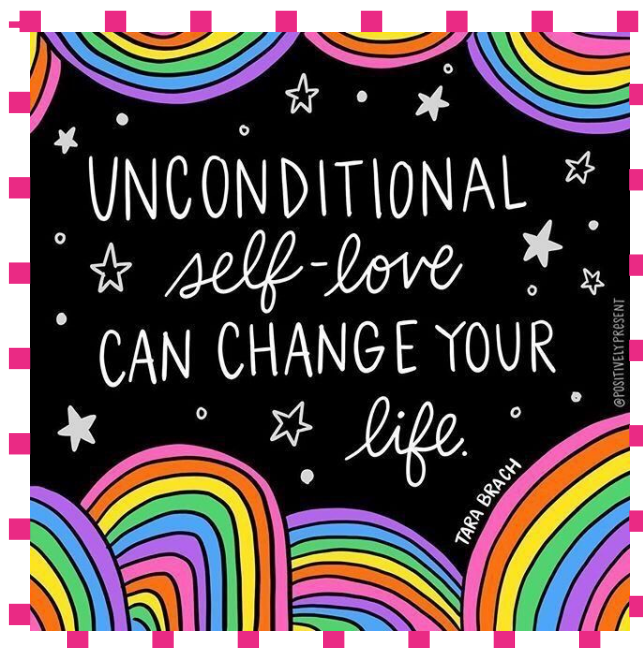
S.T.A.R. Zoom/Hybrid Group Schedule for 4/12 to 4/16

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53 am	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Get Out and Live *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>12 Step Recovery Group *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Morning Check-In *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Plant Group *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Open Discussion *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>
9:00-9:53 am	<p>Dealing with Depression *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Positive Affirmations *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Your "Inner Critic" *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Chakras *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Communication & Reading Skills *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Recovery Pathways *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p>	<p>☆No Group ☆</p>
9:45-10:45 am	<p>☆No Group ☆</p>	<p>Mindful Eating with Chelsea Meeting ID: 698-863-3795 Password: StarEast</p>	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>	<p>☆No Group ☆</p>	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>
Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday

<p>10:00-10:53 am</p>	<p>Coping with Anxiety *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Simple Stretching *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Time Management *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Fear in a Hat *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Art Appreciation *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Spirituality *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p> <p>11:00 - 11:53 am: Member Meeting *Hybrid* At STAR Central Meeting ID: 931-352-1206</p>	<p>Boundaries *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Self-Love *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p> <p>11:00 - 11:53 am: Music Appreciation *Hybrid* At STAR Central Meeting ID: 931-352-1206</p>	<p>Self-Care *Hybrid* at STAR West Meeting ID: 327-122-9798 Password: Star2</p> <p>The Power of No/Yes and How to Use Them *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Spirituality *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Love to Laugh *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>11:00 am Let's Cook with Chef Matt Meeting ID: 574 594 6640 Password: LetsCook1</p>
<p>12:00-12:53 pm</p>	<p>Music Appreciation *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>☆No Group ☆</p>	<p>No Groups Due to All Staff</p>	<p>☆No Group ☆</p>	<p>Music Appreciation *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>
<p>Day/Time</p>	<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>

<p>1:00-1:53 pm</p>	<p>Anger Management *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Restoring Wholeness *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Getting to Know You *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Short Stories *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>8 Dimensions of Wellness *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Into the Moment *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Habits *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>No Groups Due to All Staff</p>	<p>Poetry *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Get Out and Live *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>
<p>1:15-2:15 pm</p>	<p>☆No Group ☆</p>	<p>☆No Group ☆</p>	<p>No Groups Due to All Staff</p>	<p>Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole</p>	<p>1:00 pm *CEO CHAT* with Suzanne Meeting ID: 862 5332 5716 Password: 380301</p>
<p>Day/Time</p>	<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>

<p>2:00-2:53 pm</p>	<p>Spirituality *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Positive Affirmations *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Coping Skills *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Forgiveness *Hybrid* at STAR West Meeting ID: 329-993-7166 Password: Star2</p> <p>Recovery Sticks *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>No Groups Due to All Staff</p>	<p>Positive Affirmations *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Motivation *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Don't Sweat The Small Stuff *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Healthy Eating *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Weekend Recovery *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p>
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Day/Time	Saturday
8:30- 9:30 am	Weekend Coffee Talk with Jeff Meeting ID: 988-8126-4026 Password: coffee
9:45- 10:45 am	Breakfast & Art with Carolyn Meeting ID: 568-786-5229 Password: Star2
11:00- 12:00 pm	Art Therapy with Carolyn Meeting ID: 568-786-5229 Password: Star2
12:15- 1:15 pm	Questions, questions, questions? with Carolyn Meeting ID: 568-786-5229 Password: Star2
1:30- 2:30 pm	Compassionate Self-Talk with Carolyn Meeting ID: 568-786-5229 Password: Star2

