







S.T.A.R. Zoom/Hybrid Group Schedule for 5/31 to 6/04

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 am	 <p style="text-align: center;">S.T.A.R. Closed in Observance of Memorial Day</p> 	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Boundaries (How/When/Why) *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Advocating for Oneself and Others *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p> <p>Morning Jams *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Little Changes That Make All the Difference *Hybrid* at STAR West 675-107-7506 Password: Star2</p>	<p>Being Present *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p>
9:00-10:00 am		<p>Friendships *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Conflict Resolution *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Self-Esteem *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	☆ No Group ☆	☆ No Group ☆
9:45-10:45 am		☆ No Group ☆	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>	☆ No Group ☆	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00 am	 <p style="text-align: center;">S.T.A.R. Closed in Observance of Memorial Day</p> 	<p>Meditation *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Peaceful Communication Skills *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Trivia *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central</p>	<p>Boundaries *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Self-Love *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central</p>	<p>Self-Advocacy *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Self-Care *Hybrid* at STAR West Meeting ID: 327-122-9798 Password: Star2</p> <p>Coping Skills *Hybrid* at STAR West Meeting ID: 456-978-5746 Password: Star2</p>	<p>Coping with Depression *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Music Appreciation *Hybrid* at STAR West Meeting ID: 327-122-9798 Password: Star2</p> <p>Being Calm Even in a Storm *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p>
11:00 am-12:00 pm		<p>Building Confidence *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central</p>	<p>Music Appreciation *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central</p>	☆ No Group ☆	☆ No Group ☆
1:00-2:00 pm		☆ No Group ☆	<p>Potato Game *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central</p>	☆ No Group ☆	<p>*CEO CHAT* with Suzanne Meeting ID: 862 5332 5716 Password: 380301</p>

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:15-2:15 pm	 <p style="text-align: center;">S.T.A.R. Closed in Observance of Memorial Day</p> 	Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole Recovery Hangman *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast	Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole Effective Communication*Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast	Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole	Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole
2:00-3:00 pm		Coping with Anxiety *Hybrid* at STAR West Meeting ID: 456-978-5746 Password: Star2 Recovery Sticks *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central	Managing Anxiety *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast Exploring Feelings *Hybrid* at STAR West Meeting ID: 456-978-5746 Password: Star2 Don't Sweat the Small Stuff *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central	Motivation *Hybrid* at STAR West Meeting ID: 456-978-5746 Password: Star2 Improving Communication *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central	Healthy Relationships *Hybrid* at STAR West Meeting ID: 456-978-5746 Password: Star2 Trivia *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central
3:00-4:00 pm		4 PM Music Appreciation *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central	☆ No Group ☆	Trivia *Hybrid* at STAR Central Meeting ID: 926-942-6571 Password: Central	☆ No Group ☆

Saturday Schedule 6/05

Day/Time	Saturday
8:30-9:30 am	Weekend Coffee Talk with Jeff Meeting ID: 988-8126-4026 Password: coffee

