

PEER LEAD RECOVERY SUPPORT GROUPS

TIME	ZOOM #	RECOVERY GROUP	FACILITATOR	RECOVERY GROUP	FACILITATOR	ZOOM #
5AM	321-262-381	Early Morning Meditation	DAVE CAPERTON			
6AM	688-034-277	Tolerance for Uncertainty	RICK HARIG			
7AM	322 263 6035	Nature Meditation	CHINA DARRINGTON	Mindfulness	TAMARA CUMMINGS	780-150-5274
8AM	675-021-177	Letting Go Meditation (Codependency)	CHRISTINA WILLIAMS	Morning Meditation	DAWN BOYKIN	393-831-658
9AM	727-923-235	Coffee Chat: Journaling & Meditation	TRISH EDDY	9AM Check In	BETSY RAY	597-057-0771
10AM	705 591 3214	10AM Coffee & Meditation	CYNTHIA ROBERTS			
11AM	698 435 740	Mindfulness Meeting	COURTNEY KINNEY	Stages of Change	LINDSEY TENNEY	585-276-6904
12PM	618 787 6145	Let's Talk About Self Care	JOHN RENDER	Colorful Journaling	BETSY RAY	597-057-0771
1PM	618 787 6145	Flip the Perspective	JOHN RENDER	Conversation Starter	TAMARA CUMMINGS	780 150 5274
2PM	598 484 427	One Day At A Time Journaling	COURTNEY KINNEY	Avoiding Relapse	LINDSEY TENNEY	811-238-310
3PM	559-575-624	Gratitude	RICK HARIG	Laughter Yoga: Coping Through Comedy	PATRICK WERNER	756-580-856
4PM	717-937-390	Drop the Rock Study Group	PATRICK WERNER			
5PM	675 021 177	Coping Skills	CHRISTINA WILLIAMS	Spiritual Leadership	DAVE CAPERTON	698-772-614
6PM	654-783-156	Connecting through Dance and Movement	TRISH EDDY	SMART Recovery (Monday)	ALYSSA KARANT	223-914-9351
7PM	979-589-7745	Open Recovery Meeting	DAWN BOYKIN			
8PM	705 591 3214	Steps To Recovery	CYNTHIA ROBERTS			

