

MTC VIRTUAL VIDEO GROUP SCHEDULE

MONDAY	11am-12pm Weekend review Jennifer	1pm-2pm Recovery Katie	3pm-4pm Mindfulness in Recovery Elizabeth
TUESDAY	11am-12pm Men's Massiah 11am-12pm Woman's Katie	1pm-2pm Anger Managment Chris	5pm-6pm Process Elizabeth
WEDNESDAY	11am-12pm Emotional Regulation Katie	1pm-2pm Recovery Elizabeth	3pm-4pm Coping Skills Jennifer
THURSDAY	11am-12pm Recovery Katie 11am-12pm Advanced Recovery Massiah	1pm-2pm Identifying Triggers Massiah	5pm-6pm Process Jennifer
FRIDAY	11am-12pm Weekend Planning Elizabeth	1pm-2pm Recovery Massiah	3pm-4pm Creative Recover Jennifer