

ALL-SERLC VIRTUAL GROUP SCHEDULE

Please choose a group to attend and click on the link at the scheduled time.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am							
9am	Peer Support https://zoom.us/j/4960680998		DRA https://zoom.us/j/4960680998		Talkin' Openly https://zoom.us/j/4960680998		
	Guided Imagery Starts 2/22/21 ZOOM ID# https://zoom.us/j/9640689583 8	Motivational Words Starts 2/23/21 https://zoom.us/j/9722678207 1					
	30 minute Morning Check-in https://us02web.zoom.us/j/9084361426 pw=brockton	30 minute Morning Check-in https://us02web.zoom.us/j/9084361426 pw=brockton	30 minute Morning Check-in https://us02web.zoom.us/j/9084361426 pw=brockton	30 minute Morning Check-in https://us02web.zoom.us/j/9084361426 pw=brockton	30 minute Morning Check-in https://us02web.zoom.us/j/9084361426 pw=brockton		
10am	Meditation https://zoom.us/j/4960680998	NA Just for Today https://zoom.us/j/4960680998	Morning Mania https://zoom.us/j/4960680998	NA Just for Today https://zoom.us/j/4960680998	DRA https://zoom.us/j/4960680998		
		Good Morning Goals https://zoom.us/j/6158032491	Good Morning Goals https://zoom.us/j/6158032491				
11am	Rockin' Recovery https://zoom.us/j/4960680998	LGBTQ Support https://zoom.us/j/4960680998	F.E.A.R. https://zoom.us/j/4960680998	Written Expression https://zoom.us/j/4960680998	Games Group https://zoom.us/j/4960680998	DRA https://zoom.us/j/4960680998	
	Weekend Update https://us02web.zoom.us/j/9084361426 pw=brockton	Healthy Eating https://us02web.zoom.us/j/9084361426 pw=brockton	Peer Support https://us02web.zoom.us/j/9084361426 pw=brockton	Weekly Topic Group https://us02web.zoom.us/j/9084361426 pw=brockton	8 Dimensions of Wellness https://us02web.zoom.us/j/9084361426 pw=brockton	Weekend Check-in and Chat https://us02web.zoom.us/j/9084361426 pw=brockton	Weekend Check-in and Chat https://us02web.zoom.us/j/9084361426 pw=brockton
	DRA https://zoom.us/j/6158032491	DRA https://zoom.us/j/6158032491	Autism Awareness https://zoom.us/j/842943783	Good Morning Goals https://zoom.us/j/6158032491			
1130am			Loneliness and Depression https://zoom.us/j/6158032491				
12pm	Stress Relief https://zoom.us/j/4960680998	Talkin' Safely, Depression, Loneliness and Suicidal Thoughts https://zoom.us/j/4960680998	Coping Strategies and Meditation https://zoom.us/j/4960680998	Life After Trauma https://zoom.us/j/4960680998	Name that Tune and Trivia https://zoom.us/j/4960680998	Peer Support https://zoom.us/j/4960680998	
1230pm	Lunch Break https://zoom.us/j/6158032491	Lunch Break https://zoom.us/j/6158032491	Lunch Break https://zoom.us/j/6158032491	Lunch Break https://zoom.us/j/6158032491	Lunch Break https://zoom.us/j/6158032491		
1pm	Ripping Off the Labels https://zoom.us/j/4960680998	Anger and Self Control https://zoom.us/j/4960680998	Rehabilitation https://zoom.us/j/4960680998	Addictions A-Z https://zoom.us/j/4960680998	The Book Club https://zoom.us/j/4960680998	Going Deep: Self Harm & Coping https://zoom.us/j/4960680998	
	Transitions	Peer Support	Creator's Corner https://us02web.zoom.us/j/9084361426	Peer Support	Peer Support https://us02web.zoom.us/j/9084361426		

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	Two Truths and a Lie https://zoom.us/j/6158032491	Fish Bowl https://zoom.us/j/6158032491	Peers' Choice https://zoom.us/j/6158032491	Music https://zoom.us/j/6158032491	Peer Support https://zoom.us/j/6158032491		
2pm	DRA https://zoom.us/j/4960680998	Grief and Loss Group https://zoom.us/j/4960680998	Fighting Codependency https://zoom.us/j/4960680998	Letting Go https://zoom.us/j/4960680998	Shifting Moods https://zoom.us/j/4960680998		
	Trivia Time https://us02web.zoom.us/j/9084361426 pw=brockton	Self-Esteem https://us02web.zoom.us/j/9084361426 pw=brockton		Gratitude https://us02web.zoom.us/j/9084361426 pw=brockton	Wellness Check https://us02web.zoom.us/j/9084361426 pw=brockton		
	Peer Support https://zoom.us/j/6158032491	Games Group https://zoom.us/j/6158032491	Peer Support https://zoom.us/j/6158032491	Mental Health in Review https://zoom.us/j/6158032491	Difficult Emotions https://zoom.us/j/6158032491		
					DRA 12 Step Meeting Zoom ID# 603 073 3905 +1-929-205-6099		
3pm	Open Discussion https://zoom.us/j/4960680998	Woman's Table https://zoom.us/j/4960680998	F.A.I.T.H. Fully Anticipating it to Happen https://zoom.us/j/4960680998	DRA https://zoom.us/j/4960680998	Art Therapy https://zoom.us/j/4960680998		
	LGBTQ https://us02web.zoom.us/j/9084361426 pw=brockton	Women's Group https://us02web.zoom.us/j/9084361426 pw=brockton		DRA: 12 Steps https://us02web.zoom.us/j/9084361426 pw=brockton	Movie Group https://us02web.zoom.us/j/9084361426 pw=brockton		Tech Buddies Zoom ID 288 937 2907 password 214458 +1-929-205-6099 call in
	All Good News https://zoom.us/j/6158032491	Peer Support https://zoom.us/j/6158032491	Health and Nutrition https://zoom.us/j/6158032491	Peer Support https://zoom.us/j/6158032491	Relaxation https://zoom.us/j/6158032491		
4pm	Compulsive Behavior https://zoom.us/j/4960680998	Talking Trauma https://zoom.us/j/4960680998	Temptations and Cravings https://zoom.us/j/4960680998	Peer Support https://zoom.us/j/4960680998	NA "No Fried Days" https://zoom.us/j/4960680998		
	TAY-Self-Advocacy https://zoom.us/j/6158032491	RCC Pride https://zoom.us/j/6158032491	TAY-Expressive Arts https://zoom.us/j/6158032491	PTSD and Coping Strategies https://zoom.us/j/6158032491	TAY-Fun Friday https://zoom.us/j/6158032491		
5pm	Mind and Body Wellness https://zoom.us/j/4960680998	DBT (Negative Thinking) https://zoom.us/j/4960680998	Life Goals and Career Choices https://zoom.us/j/4960680998	Warning Signs and Red Flags https://zoom.us/j/4960680998	Dinner Club https://zoom.us/j/4960680998		
	Peer Support https://us02web.zoom.us/j/9084361426 pw=brockton	TAY Social Group Zoom ID# 892 2048 9444	Peer Support https://us02web.zoom.us/j/9084361426 pw=brockton	TAY LGBTQ Group Zoom ID# 848 8473 8289	Peer Support https://us02web.zoom.us/j/9084361426 pw=brockton		
530pm							Recovery for All Community Grp at River to Recovery https://zoom.us/j/4960680998
6pm		Adulting 101 https://zoom.us/j/89847579574	Wellness https://zoom.us/j/4960680998	Wellness https://zoom.us/j/4960680998	BIPOC/TAY Group https://zoom.us/j/84443661507		

7pm			DRA Zoom ID 288 937 2907 password 214458 +1-929-205-6099 call in	DBT (Negative Thinking) https://zoom.us/j/4960680998	Women's DRA https://zoom.us/j/4960680998		
730pm	Support the Supporter https://zoom.us/j/4960680998						
8pm					TAY Tonight "Closed Group" 17-30 year-olds only https://zoom.us/j/4960680998		
9pm	Social Chat Conference call in 602-580- 9818, code 8786608#	Social Chat Conference call in 602-580- 9818, code 8786608#	Social Chat Conference call in 602-580-9818, code 8786608#	Social Chat Conference call in 602-580- 9818, code 8786608#	Social Chat Conference call in 602-580-9818, code 8786608#	Weekend Nightly Chat Conference call in 602-580-9818, code 8786608#	Weekend Nightly Chat Conference call in 602-580-9818, code 8786608#

All-SERLC

Fall River & Quincy

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