## December 8 and onward:

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am</td>
<td>Storytelling</td>
<td>10am: Wellbeing</td>
<td>10am: Current Events</td>
</tr>
<tr>
<td>11am</td>
<td>Advocacy</td>
<td>11am: Successes and Challenges</td>
<td>11am: The Dream Tank</td>
</tr>
<tr>
<td>12pm</td>
<td>Lunch Chat</td>
<td>12pm: Lunch Chat</td>
<td>12pm: Lunch Chat</td>
</tr>
<tr>
<td>1pm</td>
<td>Creative Writing</td>
<td>1pm: Healing from Difficult Experiences</td>
<td>1pm: Navigating Relationships</td>
</tr>
<tr>
<td>2pm</td>
<td>Recovery Is Real</td>
<td>2pm: Brain Games</td>
<td>2pm: Arts and Music</td>
</tr>
</tbody>
</table>

Access info has stayed the same:

To access groups **ONLINE** via computer or smart phone, use the **Hope Center’s Zoom Link** at the start of group: [https://zoom.us/my/hopecenter](https://zoom.us/my/hopecenter)
Using this link to access the Hope Center Meeting Room does not require a Meeting ID or Password.

To access groups by **PHONE**, call any number below at the start of group:
- (929)436-2866
- (312)626-6799
- (301)715-8592
- (346)248-7799
- (669)900-6833
- (253)215-8782

Then follow instructions to enter the **Meeting ID: 989 029 5063**.
If asked for a Participant ID, simply press #.