

## December 8 and onward:

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

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>

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 #.