


Wellness Center Zoom Groups Calendar *April 2022*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p>	<p>5</p> <p><i>No Groups</i></p>	<p>6</p> <p><i>No Groups</i></p>	<p>7</p> <p><u><i>Creative Writing Group</i></u> <u>4:00pm</u></p>	<p>8</p> <p><u>Grief and Loss Group</u> 11:00am</p> <p><u>Yoga for All</u> 1:30pm</p>
<p>11</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p>	<p>12</p> <p><i>No Groups</i></p>	<p>13</p> <p><i>No Groups</i></p>	<p>14</p> <p><u><i>Creative Writing Group</i></u> <u>4:00pm</u></p>	<p>15</p> <p><u>Grief and Loss Group</u> 11:00am</p> <p><u>Yoga for All</u> 1:30pm</p>
<p>18</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p>	<p>19</p> <p><i>No Groups</i></p>	<p>20</p> <p><i>No Groups</i></p>	<p>21</p> <p><u><i>Creative Writing Group</i></u> <u>4:00pm</u></p>	<p>22</p> <p><u>Grief and Loss Group</u> 11:00am</p>  <p><u>Yoga for All</u> 1:30pm</p>
<p>25</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p>	<p>26</p> <p><i>No Groups</i></p>	<p>27</p> <p><i>No Groups</i></p>	<p>28</p> <p><u><i>Creative Writing Group</i></u> <u>4:00pm</u></p>	<p>29</p> <p><u>Grief and Loss Group</u> 11:00am</p> <p><u>Yoga for All</u> 1:30pm</p>

Wellness Center Zoom Groups Information

MONDAY



DBT

Dialectical Behavioral
Therapy

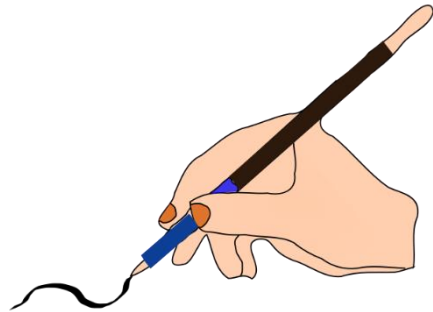
**DBT through Zoom: Life Skills Workshop
3:00PM-5:00PM @Zoom with
Pam Poindexter
ppoindexter@mhala.org**

DBT Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/85999884932?pwd=RWhUQlR5ZVVMdUlpVkowdXY1cEoxUT09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 859 9988 4932
Passcode: 688598
3. Call 669-900-9128. When asked, enter the Meeting ID (859 9988 4932) and Passcode: 688598

THURSDAY



Thursday's
Creative Writing through Zoom
4:00PM-5:00PM
@Zoom with
Cole Stephenson
cstephenson@mhala.org

Creative Writing Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/86501996628?pwd=UIRBN3o2VDQrUkVsc3RncGZET0Vjdz09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 865 0199 6628
Passcode: 142632
3. Call 669-900-9128. When asked, enter the Meeting ID (865 0199 6628) and Passcode: 142632

FRIDAY



Grief and Loss Group through Zoom

Fridays 11:00AM-12:00PM

@Zoom with

Helen Ciriello

hciriello@mhala.org

Grief and Loss Group Meets on Zoom

You can join the group by using one of the following three options.

4. Click this link

<https://us06web.zoom.us/j/82938124633?pwd=QmtKejFsQnFGV0QwWVp6OTFuaEhudz09>

**5. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 829 3812 4633
Passcode: 232177**

6. Call 669-900-9128. When asked, enter the Meeting ID (829 3812 4633) and Passcode: 232177



Chair Yoga for Everyone through Zoom
Fridays 1:30PM-2:30PM
@Zoom with
Helen Ciriello
hciriello@mhala.org

Yoga for All Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/82488120694?pwd=MERKSUNrYndid0ZtSUVKdjhxajhpdz09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 824 8812 0694
Passcode: 454708
3. Call 669-900-9128. When asked, enter the Meeting ID (82488120694) and Passcode: 454708