


# Wellness Center Zoom Groups Calendar *May 2022*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p>	<p>3</p> <p><i>No Groups</i></p>	<p>4</p> <p><i>No Groups</i></p>	<p>5</p> <p><u>Creative Writing Group</u> <u>4:00pm</u></p>	<p>6</p> <p><u>Grief and Loss Group</u> <u>11:00am</u></p> <p><u>Yoga for All</u> <u>1:30pm</u></p>
<p>9</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p>	<p>10</p> <p><i>No Groups</i></p>	<p>11</p> <p><i>No Groups</i></p>	<p>12</p> <p><u>Creative Writing Group</u> <u>4:00pm</u></p>	<p>13</p> <p><u>Grief and Loss Group</u> <u>11:00am</u></p> <p><u>Yoga for All</u> <u>1:30pm</u></p>
<p>14</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p>	<p>15</p> <p><i>No Groups</i></p>	<p>16</p> <p><i>No Groups</i></p>	<p>17</p> <p><u>Creative Writing Group</u> <u>4:00pm</u></p>	<p>18</p> <p><u>Grief and Loss Group</u> <u>11:00am</u></p> <p><u>Yoga for All</u> <u>1:30pm</u></p>
<p>23/30</p> <p><u>DBT-Dialectical Behavior Therapy</u> <u>3:00pm</u></p> <p><small>CLOSED FOR MEMORIAL DAY</small></p> 	<p>24/31</p> <p><i>No Groups</i></p>	<p>25</p> <p><i>No Groups</i></p>	<p>26</p> <p><u>Creative Writing Group</u> <u>4:00pm</u></p>	<p>27</p> <p><u>Grief and Loss Group</u> <u>11:00am</u></p> <p><u>Yoga for All</u> <u>1:30pm</u></p>

# Wellness Center Zoom Groups Information

***MONDAY***



**DBT**

Dialectical Behavioral  
Therapy

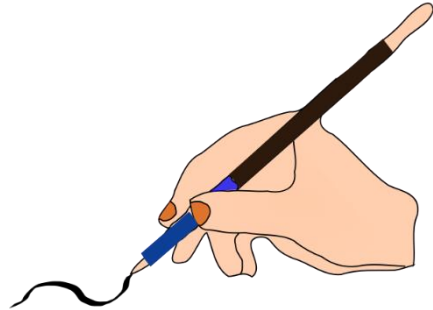
**DBT through Zoom: Life Skills Workshop  
3:00PM-5:00PM @Zoom with  
Pam Poindexter  
[ppoindexter@mhala.org](mailto:ppoindexter@mhala.org)**

## **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  
Barbara Carrillo  
@ [bcarrillo@mhala.org](mailto:bcarrillo@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](mailto: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](mailto: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