

Zero Hour Life Center

Peer Recovery Support Groups

Open Groups **Life Skills Groups**

(All meetings are on Zoom unless otherwise indicated)

Zoom Meeting ID 329 798 7595

Meeting Password 283255

Sunday

12:00 PM - Taking Charge of My Finances

6:00 PM – Quiet Moments (Guide to Meditation)

Monday

12:00 PM – Open group

6:00 PM – Open group

8:00 PM – Big Book Study

Tuesday

12:00 PM – Open group

4:30 PM (1st & 3rd Tuesday) What About Marijuana (In-person @ Zero Hour Life Center)

6:00 PM – Successful Living with a Co-Occurring Disorder

8:00 PM (1st & 3rd Tuesday) What About Marijuana

Wednesday

12:00 PM – Open group

6:00 PM – (1st & 3rd Wednesday) – Lessons Learned

6:00 PM – (2nd & 4th Wednesday) – Preparing for Change

8:00 PM – Ladies Night – Healthy Relationships

Thursday

12:00 PM – Open group

6:00 PM – My Recovery Song

8:00 PM – Open group

Friday

12:00 PM – Open group

6:00 PM – Your Life is a Story

8:00 PM – Open group

Saturday

12:00 PM – My Individual Change Plan

6:00 PM – Open group

8:00 PM – Men’s Meeting (last Saturday of the month)