

CFL COV-ID 19 REMOTE SCHEDULE – MONDAY			
	MONDAY	Zoom Link	Staff
11:00 AM - 12:00 PM	YA Community Meeting		Colby and Mescal
12:00 PM - 1:00 PM	Recovery in age of uncertainty		Mescal
1:00 PM - 1:30 PM	Community Mindfulness		<u>Agustin (John)</u>
1:00 PM - 1:30 PM	ADMIN MEETING		
1:30 PM - 3:30 PM			
4:30 PM - 5:30 PM	Adolescent Community		Jonathan and <u>Shannon</u>
5:30 PM - 6:30 PM	Recovery Skills/Sparcs Group		<u>Shannon</u> and Jeffry
6:00 PM - 7:30 PM	Signal Group		<u>John</u> and India
6:00 PM - 7:30 PM	Parent Only Group		<u>Jillian</u> and Audrey
7:00 - 8:00 PM	CFL Big Book Meeting		Francesca and <u>Peter</u>
7:30 - 8:30 PM			

CFL COV-ID 19 REMOTE SCHEDULE – TUESDAY			
	TUESDAY	Zoom Link	Staff
11:00 AM - 12:00 PM	Seeking Safety/Sparcs		Peter and <u>John</u>
12:00 PM - 1:00 PM	Nutrition/Cooking		<u>John</u> and Joe
1:00 PM - 1:30 PM	Community Mindfulness		<u>Jamie (John)</u>
1:00 PM - 1:30 PM			
1:30 PM - 3:30 PM			
4:30 PM - 5:30 PM	Adolescent Community		Jeffry, <u>Shannon</u> , Jamie
5:30 PM - 6:30 PM	Adolescent Creative Arts		Jamie

6:00 PM - 7:30 PM		
6:00 PM - 7:30 PM	Parent Only Group	Markella and Jillian
7:00 - 8:00 PM		
7:30 - 8:30 PM	Release & CFL Meeting	Mescal

CFL COV-ID 19 REMOTE SCHEDULE – WEDNESDAY

	WEDNESDAY	Zoom Link	Staff
11:00 AM - 12:00 PM			
12:00 PM - 1:00 PM			
1:00 PM - 1:30 PM	Open Yoga for All		Agustin Mc John
1:00 PM - 1:30 PM			
1:30 PM - 3:30 PM			
4:30 PM - 5:30 PM	YA Community Meeting		John and Colby
5:30 PM - 6:30 PM	DBT Skills		Colby
6:00 PM - 7:30 PM	YA Multifamily		(John), Markella, Peter
6:00 PM - 7:30 PM			
7:00 - 8:00 PM			
7:30 - 8:30 PM			

? CFL COV-ID 19 REMOTE SCHEDULE – THURSDAY

	THURSDAY	Zoom Link	Staff
11:00 AM - 12:00 PM			
12:00 PM - 1:00 PM			
1:00 PM - 1:30 PM			
1:00 PM - 1:30 PM		ADMIN MEETING	

1:30 PM - 3:30 PM		
4:30 PM - 5:30 PM	Adolescent Community	<u>John/Joe, Nate, Jeffry (Shannon)</u>
5:30 PM - 6:30 PM	Adolescent Nutrition	<u>Joe (John)</u>
	Adolescent Music	Nate and Jeffry
6:00 PM - 7:30 PM	Adolescent Family Group	<u>Jonathan, Jillian, Elaine and Markella</u>
6:00 PM - 7:30 PM		
7:00 - 8:00 PM		
7:30 - 8:30 PM		

CFL COV-ID 19 REMOTE SCHEDULE – FRIDAY

	FRIDAY	Zoom Link	Staff
11:00 AM - 12:00 PM	YA Community/Weekend Planning		<u>Mescal (John)</u>
12:00 PM - 1:00 PM	Speakers Bureau		<u>Peter (John)</u>
1:00 PM - 1:30 PM	YA Creative Arts		<u>Jamie (John)</u>
1:00 PM - 1:30 PM			
1:30 PM - 3:30 PM			
4:30 PM - 5:30 PM			
5:30 PM - 6:30 PM			
6:00 PM - 7:30 PM			
6:00 PM - 7:30 PM			
7:00 - 8:00 PM			
7:30 - 8:30 PM			

TEAM MTG LINK	https://zoom.us/j/354005407	
Program	Color	
Adolescents	Yellow	<i>**Underlined names indicate meeting host on ZOOM</i>
Signals	Orange	

Young Adults	Purple	
Parent Only	Blue	
Open to Community	Green	

GROUP PREAMBLE

All group members are encouraged to participate in the group process.

We hope that through this process you will learn to accept yourself and others without judgment and develop a willingness to share your experiences with the other members in group.

We have to be honest, respectful and supportive of one another, and be willing to give and receive feedback.

If we share our experiences with each other we will find that we have a lot in common and that we are not alone in this process of recovery.

Please use "I" statements, refrain from talking when someone else is talking, and please refrain from advice giving.

We agree to conduct all sessions in a private and secure location.

While we're all at home, we ask that we all commit to conduct meetings in an engaged and connected manner, which means we should all be sitting upright.