
Pathways Vermont Community Center - Online groups via Zoom

Mondays

Laughter Yoga (02:00 - 03:00 pm)

<https://zoom.us/j/191276113?pwd=N1Ura1RiV0g0SHhmQVo2Z1ZBbFZGdz09>

Exploring Coming Off Psych Meds (03:00 - 04:00 pm)

<https://zoom.us/j/978151328?pwd=dFNINlhUbnNwbXFzSVZWZGNlIb2l4UT09>

Tuesdays

Hearing Voices (02:00 - 03:00 pm)

<https://zoom.us/j/547782609?pwd=ZTVNNVlIVmVaZjF2eTNZSszZCamZNZz09>

Open Jam (03:00 - 04:00 pm)

<https://zoom.us/j/191557467>

Wednesdays

Employment Seekers Support Group (03:00 - 04:00 pm)

<https://zoom.us/j/918871350?pwd=c3VORnVtUXprMW1BUkUveVMwcFZ2QT09>

Writing Circle (04:00 - 05:00 pm)

<https://zoom.us/j/381514375?pwd=VEg2c0lxZ2Z3NnMrL3VacIJDZWFBQT09>

Thursdays

Mindfulness Meditation (12:00 - 01:00 pm)

<https://zoom.us/j/186802938?pwd=YklISUFxVHVwSlp0NIZsZIR1SnBYZz09>

Alternatives To Suicide (07:00 - 08:30 pm)

<https://zoom.us/j/941297959>

Fridays

Open Ears, Open Minds (Peer Support Circle) (01:00 - 02:00 pm)

<https://zoom.us/j/614377851?pwd=bjlwbWo0SVlWK2xnZU9rWndjSWtPQT09>
