
Pathways Vermont Community Center - Online groups via Zoom

Mondays

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

<https://zoom.us/j/995144322>

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

<https://zoom.us/j/360314495>

Tuesdays

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

<https://zoom.us/j/363684506>

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

<https://zoom.us/j/922557148>

Wednesdays

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

<https://zoom.us/j/890506521>

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

<https://zoom.us/j/601343315>

Thursdays

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

<https://zoom.us/j/731441650>

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

<https://zoom.us/j/481418908>

Fridays

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

<https://zoom.us/j/344880866>
