

## OPEN ADULT VIRTUAL GROUPS

These groups are open to all clients, community members, and staff

### Talk Time

Mondays-Fridays, 1:00-2:00 pm

**[healthwest.zoom.us/j/769623699](https://healthwest.zoom.us/j/769623699)**

Contact: Dee Green with questions

Talk Time is an opportunity for you to engage and talk to community members. This meeting is designed to bring people together and create a space for the us to enjoy the company of a friendly face. Feel free to ask questions, tell jokes, anything uplifting!

### Mindfulness Techniques

Mondays, Tuesdays, and Thursdays, 2:00

**[healthwest.zoom.us/j/769623699](https://healthwest.zoom.us/j/769623699)**

Contact: Dee Green with questions

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### Adult SMART Recovery

Wednesdays, 2:00

**[smartrecovery.zoom.us/j/97109539021](https://smartrecovery.zoom.us/j/97109539021)**

SMART Recovery is one of the leading recovery groups in the United States dedicated to helping participants learn tools and techniques for self-empowerment. Participants in the group learn tools to aid their recovery process based on substantial, proven scientific evidence and research and are encouraged to engage with a global support system.