

Tuesday

Splash of Color: 11am-12:45pm

<https://meet.goto.com/cwomha/splash-of-color>

You can also dial in Using your phone | +1 (872) 240-3212 | Access Code: 818-126-821

Mutual Support Group: 11am – 1pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/mutual-support-group—cwo>

You can also dial in using your phone. | +1 (224) 501-3412 | Access Code: 719-844-205

Community Circle, 2pm-3pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/community-circle—cwo>

You can also dial in using your phone. | +1 (872) 240-3412 | Access Code: 617-162-549

Wednesday

Women's Depression Mutual Support Group: 12pm-1pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/womens-depression-mutual-support-group-cwo>

You can also dial in using your phone. | +1 (571) 317-3122 | Access Code: 415-950-549

Creative Writing 1:30-2:30

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://meet.goto.com/cwomha/creative-writing>

You can also dial in using your phone. | +1 (872) 240-3311 | Access Code: 169-086-309

Virtual 20 Minute Learn to Meditate: Mini Meditation, 2pm-2:20pm

Join from your computer, tablet or smartphone.

<https://meet.goto.com/MHA--CWO/learn-to-meditate>

You can also dial in using your phone. | +1 (872) 240-3212 | Access Code: 326-428-173

Thursday

Art Journaling: 1pm-2:30pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/cwomha/art-journaling>

You can also dial in using your phone. | +1 (872) 240-3311 | Access Code: 710-563-485

Meditation & Mindfulness: 4pm-4:30pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/meditation-mindfulness—cwo>

You can also dial in using your phone | +1 (872) 240-3212 | Access Code: 978-396-189

Friday

Gentle Yoga: 11am – 12pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/gentle-yoga—cwo>

You can also dial in using your phone | +1 (646) 749-3112 | Access Code: 232-112-765

Meditative Mandalas: 12pm-1pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://meet.goto.com/cwomha/meditative-mandalas>

You can also dial in using your phone. | +1 (872) 240-3311 | Access Code: 262-568-709

Mutual Support Group: 1pm – 2pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/mutual-support-group—cwo>

You can also dial in using your phone. | +1 (224) 501-3412 | Access Code: 719-844-205

Saturday

Mutual Support Group: 11:30am – 12:30pm

Join the group from your computer, tablet or smartphone by clicking on this link:

<https://www.gotomeet.me/MHA-CWO/mutual-support-group—cwo>

You can also dial in using your phone. | +1 (224) 501-3412 | Access Code: 719-844-205