

CWO virtual workshop links

Tuesday

Mutual Support Group: 11 am – 1 pm

Click here: <https://zoom.us/j/98642649040>

One tap link for connecting via phone | +19292056099,,98642649040#

Or dial in: 929 205 6099 | Meeting ID: 986 4264 9040

Community Circle 2 pm-3pm

Click here: <https://zoom.us/j/91415078330>

One tap link for connecting via phone | +19292056099,,91415078330#

Or dial in: 929 205 6099 | Meeting ID: 914 1507 8330

Wednesday

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

Click here: <https://zoom.us/j/92302471965>

One tap link for connecting via phone | +19292056099,,92302471965#

Or dial in: 929 205 6099 | Meeting ID: 923 0247 1965

LGBTQIA+ Mutual Support Group

Click here :<https://zoom.us/j/96785115677>

One tap mobile | +19292056099,,96785115677#

Or dial in : 929 205 6099 | Meeting ID: 967 8511 5677

Thursday

Meditation & Mindfulness: 11-11:30am

Click here : Click here: <https://zoom.us/j/97142692860>

One tap link for connecting via phone | +19292056099,,95330705490# US (New York)

Or dial in: 929 205 6099 | Meeting ID: 953 3070 5490

Friday

Gentle Stretching: 11am – 12pm

Click here: <https://zoom.us/j/95330705490>

One tap link for connecting via phone | +19292056099,,95330705490# US (New York)

Or dial in 929 205 6099 | Meeting ID: 953 3070 5490

Mutual Support Group: 1pm – 2pm

Click here: <https://zoom.us/j/98642649040>

One tap link for connecting via phone | +19292056099,,98642649040#

Or dial in: 929 205 6099 Meeting ID: 986 4264 9040

Saturday

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

Click here: <https://zoom.us/j/98642649040>

One tap link for connecting via phone | +19292056099,,98642649040#

Or dial in: 929 205 6099 Meeting ID: 986 4264 9040

Open Community Forum

Click here: <https://zoom.us/j/94766567743>

One tap mobile | +19292056099,,94766567743#

or dial in : 929 205 6099 | Meeting ID: 947 6656 7743