



Sandusky Artisans Recovery Community Center

Invites you to join our ZOOM Meetings

>>>Topic: Connections-Dual Diagnosis support<<<

Time: Every week on Monday at 3:00 PM Eastern Time (US and Canada)

To Join Zoom Meeting:

<https://zoom.us/j/572561653?pwd=K3BITHZFNkNOWCtXS0cwbDhtNVJNUT09>

Meeting ID: 572 561 653 Password: 740611

Find your local number: <https://zoom.us/u/acdlWgdqrL>

>>>Topic: Taking Back Ohio<<<

Time: Every week on Wednesday at 5:00 PM Eastern Time (US and Canada)

To Join Zoom Meeting:

<https://zoom.us/j/772257991?pwd=dGNWNTYzQzJlZXZoUUx4TEZCZWVmdz09>

Meeting ID: 772 257 991 Password: 649295

Find your local number: <https://zoom.us/u/acdlWgdqrL>

>>>Topic: Connections-Dual Diagnosis support<<<

Time: Every week on Friday at 10:30 AM Eastern Time (US and Canada)

To Join Zoom Meeting:

<https://zoom.us/j/732358865?pwd=cTJmVGErRUxabDJlRVZlZnpiL2NaZz09>

Meeting ID: 732 358 865 Password: 825531

Find your local number: <https://zoom.us/u/acdlWgdqrLc>

>All support groups are facilitated and moderated by Trauma Informed, State Certified Peer Recovery Supporters who have also been trained in support group facilitation by NAMI, the National Alliance on Mental Illness.

>If you have any questions about any of these support groups please call the Sandusky Artisans Recovery Community Center @ 419/621-9377 anytime :)

Zoom Yoga!

From: Emily Werner (hope11more@gmail.com)

To: cr.floormaster@yahoo.com

Date: Monday, April 6, 2020, 4:20 PM EDT

Sharon Lichtcsien is inviting you to a ZOOM Yoga practice

Topic: FREE "Meditation In Motion" Yoga Session

Have your props... blanket, eye mask, bolster ready to use.

Time: Apr 6,
2020 6pm Eastern Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/9162106471>

Meeting ID: 916 210 6471

REQUIRED Password 505290
(New security step by ZOOM)

Namaste,
Sharon

WEEKLY Schedule - Sessions will be 50-60 minutes:

Monday 6pm

Tuesday 11am

Thursday 6pm

Friday 11am

If you do not have app, download the free ZOOM app prior to the meeting and explore the site. Sign onto the meeting 10 minutes prior to our yoga session - TURN audio and video ON . These can be found in the lower left corner (headphones, video camera).

Let me know if you would rather not receive these ZOOM YOGA emails 🙏

Disclaimer 03/30/2020: By taking part in this ZOOM yoga session, I acknowledge that Sharon Lichtcsien will not be held responsible for any loss, injury or liability (physical or mental) which may occur during and/or after my participation in this and/or future ZOOM yoga "Meditation In Motion" offered by Sharon Lichtcsien.

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Emily Werner

Certified Peer Recovery Supporter

Certified NAMI / WHAM Facilitator