

InnerVision Virtual PSR Schedule effect. 9/8/20



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9am-10:30am</p> <p>Mind, Body & Spirit</p> <p>Join: https://zoom.us/j/444227965?pwd=QSs1SIR4T0tBRDdhaHpFcHAzMzdsQT09</p>	<p>9am-10:30am</p> <p>Technology in Recovery: Computer Basics</p> <p>Join: https://zoom.us/j/444227965?pwd=QSs1SIR4T0tBRDdhaHpFcHAzMzdsQT09</p>	<p>9am-10:30am</p> <p>Virtual Community Outing</p> <p>Join: https://zoom.us/j/444227965?pwd=QSs1SIR4T0tBRDdhaHpFcHAzMzdsQT09</p>	<p>9am-10:30am</p> <p>Technology in Recovery: Journey Through the Internet</p> <p>Join: https://zoom.us/j/444227965?pwd=QSs1SIR4T0tBRDdhaHpFcHAzMzdsQT09</p>	<p>9am-10:30am</p> <p>Technology in Recovery: Technology Resources & Supports</p> <p>Join: https://zoom.us/j/444227965?pwd=QSs1SIR4T0tBRDdhaHpFcHAzMzdsQT09</p>
<p>10:30am -12:00pm</p> <p>Trauma Group</p> <p>Join: https://zoom.us/j/172243712?pwd=dDFVVStaMEFBWnVrWlhaQmRTSDJYUT09</p>	<p>10:30am-12:00pm</p> <p>Technology in Recovery: Computer Basics Cont'd</p>	<p>10:30am-12:00pm</p> <p>Wild Wednesdays!</p> <p>Join: https://zoom.us/j/172243712?pwd=dDFVVStaMEFBWnVrWlhaQmRTSDJYUT09</p>	<p>10:30am-12:00pm</p> <p>Technology in Recovery: Journey Through the Internet Cont'd</p>	<p>10:30am-12:00pm</p> <p>Technology in Recovery: Technology Resources & Supports Cont'd</p>
<p>12:00-1:00pm</p> <p>W.R.A.P. Up</p> <p>Join: https://zoom.us/j/876364388?pwd=ckZLYXhMeFZJbDZOS2wvZ0hoZTk5UT09</p>	<p>12:00-1:00pm</p> <p>Technology in Recovery Internet Access Assistance Online Facilitator Support</p>	<p>12:00-1:00pm</p> <p>W.R.A.P. Up</p> <p>Join: https://zoom.us/j/876364388?pwd=ckZLYXhMeFZJbDZOS2wvZ0hoZTk5UT09</p>	<p>12:00-1:00pm</p> <p>Technology in Recovery Internet Access Assistance Online Facilitator Support</p>	<p>12:00-1:00pm</p> <p>Technology in Recovery Internet Access Assistance Online Facilitator Support</p>

LEGEND

Morning Meeting- Let's get started! Meet and greet your peers, discuss current events and plan your day.

Technology in Recovery-Learn computer basics, internet resources, services and supports to use technology as a tool in your recovery!
Information provided on discounted internet costs. **Complete 3 classes in the Technology in Recovery Program and earn a free Computer Set!**

Mind, Body & Spirit- Work on your Mind, Body & Spirit as you improve your "Mental Wellness Insight Out"!

Trauma Group- Trauma is an emotional response to a terrible event. Learn how trauma affects your life and what you can do about it.

Virtual Community Outing - Visit and learn about community resources (parks, restaurants, libraries, entertainment venues, sports events and more without hitting the streets with our feet!

Wild Wednesdays- Join in the Fun! There's no shortage of smiles and laughter every Wednesday at InnerVision's Virtual PSR!

W.R.A.P. UP- Use your Wellness Recovery Action Plan as a tool in your Recovery!