

New group starts July 2023

Wednesdays, 12:00-1:00 p.m.

July 26, 2023 – June 5, 2024

Zoom

Months 1-6

July 26

Aug. 2, 9, 16, 23, 30

Sep. 6, 13, 20, 27

Oct. 4, 11, 18, 25

Nov. 1, 8, 15, 29

Dec. 13

Months 7-12

Jan. 10, 24

Feb. 7, 21

March 6, 20

April 3, 17

May 1, 15

June 5