



Peer to Peer Support Groups 2024

Month	Topic	Information	Zoom Link
May 2024	Mindfulness and Grounding	Tuesday May 14, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/98512325681?pwd=bzRqM29tQUkwZkpMZkJrN1ZSO DcvQT09
June 2024	Overcoming Perfection	Tuesday June 11, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/98279562873?pwd=MUK3TGRjVGF0MDIDMmt4UXFv ZG1PdZ09
July 2024	Cultivating Gratitude and Building Emotional Intelligence	Tuesday July 9, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/91910891154?pwd=cm40N1hmR3BVNDRaUnpScTB CQUJwUT09
August 2024	Building Resilience	Tuesday August 13, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/94591932588?pwd=WS9zNUNoZG9tNkh4SGh3TnVjc G52dz09
September 2024	Navigating Change	Tuesday September 10, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/95907216660?pwd=YXZleWILK2hzbIYyZkdROTB2eG txUT09
October 2024	Healthy Relationships	Tuesday October 8, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/91037833478?pwd=S0MremIvYW53Qy9WdkFaSy9ZT HpIUT09
November 2024	Managing Anxiety and Stress	Tuesday November 12, 2024 12-1PM ET, 9-10AM PT	https://yorkvilleu-fs.zoom.us/j/97591482861?pwd=RG5NdzBhZzc2Vm93RnFJU2hF ZzY2dz09