



OPICA'S VIRTUAL PROGRAM SCHEDULE

* To learn more about care partners joining groups, please contact Emily Campbell, emilyc@opica.org or call OPICA's office at 310-478-0226

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00		Spousal Support Group 10:00 am - 11:30 am			
10:15			Spousal Support Group 10:15 am - 11:45 am		
10:30		Spousal Support Group 10:30 am - 12:00 pm		Adult Children & Spousal Support Group 10:30 am - 12:00 pm	
11:00				*Spirit Builders Group 11:00 am - 12:00 pm	
11:30	OZ PROGRAM 10:00 am – 1:00 pm	OZ PROGRAM 10:00 am – 1:00 pm	OZ PROGRAM 10:00 am – 1:00 pm	OZ PROGRAM 10:00 am – 1:00 pm	OZ PROGRAM 10:00 am – 1:00 pm
12:00	See information on <u>OZ</u>	See information on <u>OZ</u>	See information on <u>OZ</u>	See information on <u>OZ</u>	See information on <u>OZ</u>
12:30		Spousal Support Group 12:30 am - 2:00 pm		Spousal Support Group 12:30pm – 2:00pm	
1:00			Wednesday Brain Train 1:30 pm - 3:30 pm		
2:00					
2:30					
3:30				*Art Class 3:30 pm - 4:30 pm	
4:30					
5:30			Adult Children Support Group 5:30 pm -7:00pm		
7:00				Adult Children Support Group 6:30 pm – 8:00 pm	

Key: Program Levels	Early Stage	Support Groups	Mild-Mid Stage	Mid-Late Stage	OZ PROGRAMS	Monday- Friday
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