



To receive an invite to the group, you must email us at: info@hpathcounseling.com asking to be added to our invite list.

Groups are hosted via Google Meet and you will receive an invite a few days before the scheduled group once added to the list

Date & Time	Topic	Presenters	Format
Tuesday 2/13/24 5pm	Body Image and Adjustment	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 3/12/24 5pm	Success-No Luck or Magic!	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 4/16/24 5pm	Spring Ahead with Exercise-Creating Habits and Challenging Thoughts about Exercise	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 5/21/24 5pm	Post-surgical Obstacles and Taking Inventory	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 6/18/24 5pm	Measuring Success Beyond the Scale	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet/Virtual
NO JULY 2024 GROUP	NO JULY 2024 GROUP	NO JULY 2024 GROUP	NO JULY 2024 GROUP
Tuesday 8/20/24 5pm	Regain-And Getting Through It	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 9/17/24 5pm	Thoughts-How the Impact our Behaviors and Feelings	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 10/22/24 5pm	Candy, Sweets, & the Brain	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 11/12/24 5pm	Preparing for the Holidays-Tips, exercises, and plans	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual
Tuesday 12/10/24 5pm	Preparing for the Holidays- Tips, exercises, and plans	Dr. Brigid Zarbock, Dr. Jordyn Hoffman	Google Meet//Virtual