

# UNDERSTANDING YOUR SCHEDULE

This is an example of what your schedule looks like.

Date & Time of Appt	Type	Group	Counselor	Location	Status
03/23/2026 Mon 5:15 PM to 7:30 PM	Education	ZME	Zack, Yanni	87152122953	Attended
03/25/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Garcia, Alicia	85994745817	Attended
03/30/2026 Mon 5:15 PM to 7:30 PM	Education	ZME	Zack, Yanni	87152122953	Prearranged C
04/01/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Garcia, Alicia	See End of Schedule	Attended
04/08/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Garcia, Alicia	85994745817	Prearranged C
04/15/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Garcia, Alicia	See End of Schedule	Prearranged C
04/16/2026 Thu 9:00 PM to 9:15 PM	Face To Face		Garcia, Alicia	See End of Schedule	Attended
04/22/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Garcia, Alicia	85994745817	Attended
04/29/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Garcia, Alicia	See End of Schedule	Attended
04/30/2026 Thu 5:30 PM to 7:45 PM	Education	ZTE	Nealy, Patty	89173285947	Attended
05/06/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Garcia, Alicia	85994745817	Attended
05/13/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Garcia, Alicia	See End of Schedule	Attended
05/20/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Garcia, Alicia	85994745817	Attended
05/27/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Alston, Michael	See End of Schedule	Pending
06/03/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Alston, Michael	85994745817	Pending
06/10/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Alston, Michael	See End of Schedule	Pending
06/17/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Alston, Michael	85994745817	Pending
06/17/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Alston, Michael	See End of Schedule	Pending
06/17/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT7	Alston, Michael	85994745817	Pending
06/17/2026 Wed 1:30 PM to 1:45 PM	Face To Face		Alston, Michael	See End of Schedule	Pending
06/24/2026 Wed 11:00 AM to 1:15 PM	FOP/MOP Combo Grou	RT8	Alston, Michael	85994745817	Pending

Call the Redding office at 530.222.8302 to schedule your exit appointment. For 18 month clients, your Re-Entry will be scheduled after your core program is complete.

If you need to reschedule an activity please call 530-222-8302 or email if after hours - [cascadecircle@casadecircle.net](mailto:cascadecircle@casadecircle.net)  
To schedule a make up for a session rescheduled or missed you must call during business hours.

END OF SCHEDULE-ZOOM FACE TO FACE MEETING ID NUMBERS:

Alston, Michael	885-4199-5409
Baldwin, Wyatt	878-1433-2880
Garcia, Alicia	812-4059-2727
Martin, Diana	880-4839-8050
Nealy, Patty	881-6341-5032
Plowman, Brianna	850-3840-2523
Simon, Risse	837-1361-9346
Zack, Yanni	885-4199-5409

I understand that I must be on time for all appointments and scheduled activities. If I am late to any scheduled activity, I will not be allowed in and I will be marked absent.



**ALL LISTED SESSIONS ON THIS SCHEDULE ARE YOUR REQUIREMENTS.**

If you miss or request a reschedule, you will need to call for a makeup.

## THERE ARE THREE TYPES OF SESSIONS:

- FOP/MOP Combo Group
- Education
- Face To Face Meeting



The **LOCATION** column on the schedule is the Zoom ID number (Meeting ID number).



### IMPORTANT NOTE:

If you attend Zoom, all your sessions are on Zoom.

If you attend in person, all your sessions are on-site at the office in person.

## FACE TO FACE MEETINGS

When your session type is "Face To Face," your location will say "See End of Schedule."

At the end of the schedule, you will see a list of counselor names and numbers.

Those numbers are the Meeting ID numbers for that counselor's Face To Face meetings.

### END OF SCHEDULE-ZOOM FACE TO FACE MEETING ID NUMBERS:

Alston, Michael	885-4199-5409
Baldwin, Wyatt	878-1433-2880
Garcia, Alicia	812-4059-2727
Martin, Diana	880-4839-8050
Nealy, Patty	881-6341-5032
Plowman, Brianna	850-3840-2523
Simon, Risse	837-1361-9346
Zack, Yanni	885-4199-5409



## STAY ON TRACK

Be on time for all appointments and scheduled activities. If you are late, you may not be allowed in and will be marked absent.