

NAMI Volusia/Flagler/St. Johns Virtual Support Group

A Virtual Support Group for peers is going to begin on Tuesday, March 31, 2020, from 6:00-7:00pm. NAMI Volusia/Flagler/St. Johns knows the value we have in our support groups and in response to the current situation in social distancing we all are observing for the unforeseeable future. However, this is what everyone needs to know in being apart of this virtual support group.

First if you're not tech savvy no problem because there will be an actual phone number you can call in. You will only need to type in a specific number when prompted and you're in.

If you are tech savvy or willing to learn there are two methods of joining the Virtual Support Group.

*We are using "Zoom" which is a video/audio conference software that I have already for my Revive Ministries Podcast but due to the current situation I have offered my premium subscription for NAMI Virtual Support Group.

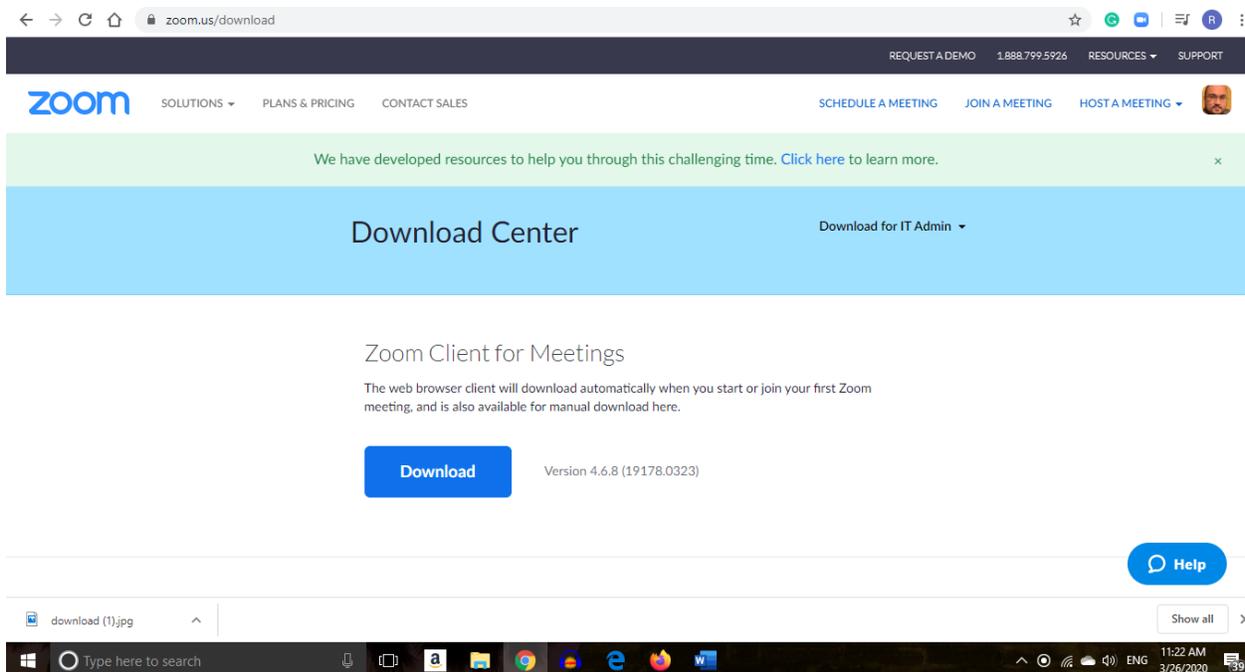
If you have a smart phone, you must download the "Zoom" App, then to enter the Virtual Support Group you will use the link that will be sent to your email to enter and that is it.

I encourage if you have access to headphones of any type use them so we will have a better quality of audio.

The Icon for the Zoom app is a blue background with a general white camera like shape.



Now with a computer its very similar to look up on google "Zoom" and download the appropriate app.



After downloading, look for the invitation email that will be sent out soon and click the link to join the meeting.

Robert Colon is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://zoom.us/j/634864773>

Meeting ID: 634 864 773

One tap mobile

+16468769923,,634864773# US (New York)

+13126266799,,634864773# US (Chicago)

Dial by your location

+1 646 876 9923 US (New York)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 408 638 0968 US (San Jose)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

Meeting ID: 634 864 773

Find your local number: <https://zoom.us/u/auNJM1ZBM>

Click the link below “Join Zoom Meeting” and you will be redirected to the meeting.

Note those who struggle with tech, look at the example above. You see the possible number you can call into and the number you will be prompted to type in is the “634 864 773” from the example above which is the meeting ID#.

This is going to be a learning curve for many, but especially at a time like this we need to be extra vigilant in our wellness. Any questions or concerns please email me at robert.e.colon@gmail.com

Expect an invitation with the date and time of the Virtual Support Group within a week.

Thank you and “Let us Never Give Up Hope”

Robert Colon

Secretary