

June 2021

Schedule Subject to change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|------------------------------------|
| | 1 | 2 | 3 | 4 |
| | 1PM: Recovery education: Sevier ZOOM. What is OCD | 10:00: morning phone check in group 865-374-0301 Password: 3747148 | 2 PM: Anxiety and depression support conference group. Sevier ZOOM | 12:00 Show and Tell Sevier Zoom |
| 7 | 8 | 9 | 10 | 11 |
| 2PM: General support phone group. 865-374-0301 Password: 3747148 | 1PM: Recovery education: Sevier ZOOM. What is an attachment disorder | Center Closed | 2 PM: Anxiety and depression support conference group. Sevier ZOOM | 12:00 Bingo Sevier Zoom |
| 14 | 15 | 16 | 17 | 18 |
| 2PM: General support phone group. 865-374-0301 Password: 3747148 | Closed for training | 10:00: morning phone check in group 865-374-0301 Password: 3747148 | 2 PM: Anxiety and depression support conference group. Sevier ZOOM | 12:00 Jeopardy Sevier Zoom |
| 21 | 22 | 23 | 24 | 25 |
| 2PM: General support phone group. 865-374-0301 Password: 3747148 | 1PM: Recovery education: Sevier ZOOM. What does LGBTQ mean? What are "preferred pronouns"? | Center Closed | 2 PM: Member input meeting/Anxiety and depression support group to follow. Sevier ZOOM | 12:00 Ice Breakers Sevier ZOOM |
| 28 | 29 | 30 | Sevier Zoom: meeting I.D.: 95675887047 Password: 7559 Dial by phone: 1-213-338-8477 Conference call Mon/Wed/Fri : Dial 865-374-0301 and enter 3747148 | |
| 2PM: General support phone group. 865-374-0301 Password: 3747148 | 1PM: Recovery education: Sevier ZOOM. Mental Health Q and A | Staff Meeting | | |

Because of COVID-19, Peninsula has suspended in-person participation for all Peer Support Academy programs until social distancing is no longer required. We currently use Zoom and conference calling. Zoom allows participants to either call in by phone or participate online.

There is *no charge* to participate. However, be aware that calls do count against cell phone minutes unless you have an unlimited calling plan. Also, your phone carrier will count time spent in the online Zoom groups against your data minutes unless you have unlimited data. Talk to staff if you have any concerns.

To join a Zoom meeting by calling in on your phone (no video):

If you have a cell phone, the call will count against your minutes unless you have an unlimited plan.

Dial: 1-213-338-8477, then enter meeting ID- 95675887047; When asked, enter password 7559

To join your ZOOM meeting by computer or smartphone

To join the meeting, open the Zoom app on your computer or smartphone (or you can go to the Zoom website <https://www.zoom.us>); log into Zoom using your email address and the password you set up. You will then see a page that shows your account. From here you can click on the blue letters that say, "Join a meeting." When prompted enter the meeting id and password

For Sevier Groups: Meeting I.D. 95675887047 and password: 8210

You should be connected. You might remain in a "waiting room" until the host puts you in the meeting.

For Monday and Wednesday conference groups please dial by phone 865-374-0301 Meeting ID: 3747148



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Department of
**Mental Health &
Substance Abuse Services**