

Knox Peer Support Academy *Phone/Video Group Schedule*

July 2021

Schedule subject to change;Call for handouts; allow 1 week for mailings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 28 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00 – 4:00 PM</u> Good Grief Support Group	June 29 <u>11:00 AM- 12:00 Noon</u> WRAP Class: <i>How to Use WRAP</i> WRAP Wellness Tools Support Group	June 30 <p style="text-align: center;">CLOSED for Staff Meeting/Training</p>	1 <u>11:00 AM- 12:00 Noon</u> Sara B’s Recovery/TMHCA <u>1:00 PM- 1:30 PM</u> New Member Orientation <u>3 PM: Group Walk (pg. 2)</u>	2 <u>10:30 AM- 11:45 AM</u> 8 Dimensions of Wellness: <i>Social: Activities with Others that Promote Overall Wellness</i>
5 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00- 4:00 PM</u> How to Have Difficult Conversations, Pt 2	6 <u>11:00 AM- 12:00 Noon</u> WRAP Wellness Tools Support Group	7 <u>11:00 AM- 12:00 Noon</u> Affirmations Group	8 Alternatives Conference Free online event. Register at www.alternatives-conference.org/our-mission	9 <u>10:30 AM- 11:45 AM</u> 8 Dimensions of Wellness: <i>Spiritual: Practices for Well-being</i> <u>2 PM: Group Walk (pg. 2)</u>
12 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00- 4:00 PM</u> Good Grief Support Group	13 <u>11:00 AM- 12:00 Noon</u> Member Input Meeting & Game Time	14 <u>11:00 AM- 12:00 Noon</u> Peer Power Social Hour	15 Alternatives Conference Free online event. See July 8 <u>1:00 PM- 1:30 PM</u> New Member Orientation	16 <u>10:30 AM- 11:45 AM</u> 8 Dimensions of Wellness: <i>Medication Decisions</i> <u>2 PM: Group Walk (pg. 2)</u>
19 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00 – 4:00 PM</u> How to Have Difficult Conversations, Pt 3	20 <u>11:00 AM- 12:00 Noon</u> WRAP Wellness Tools Support Group	21 <u>11:00 AM- 12:00 Noon</u> Affirmations Group	22 <u>11:00 AM- 12:00 Noon</u> How to Get the Support You Need	23 <u>10:30 AM- 11:45 AM</u> 8 Dimensions of Wellness: <i>Intellectual: Strengths Finder</i> <u>2 PM: Group Walk (pg. 2)</u>
26 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00- 4:00 PM</u> Good Grief Support Group	27 <u>11:00 AM- 12:00 Noon</u> WRAP: Making and Keeping Friends, Pt. 1	28 <p style="text-align: center;">CLOSED for Staff Meeting/Training</p>	29 <u>11:00 AM- 12:00 Noon</u> Recovery Story: Cindy <u>1:00 PM- 1:30 PM</u> New Member Orientation	30 <u>10:30 AM- 11:45 AM</u> <i>Sierra’s Story and the Role of Care Coordinators</i> <u>2 PM: Group Walk (pg. 2)</u>

WE ALSO OFFER INDIVIDUAL PEER SUPPORT BY PHONE. CALL (865) 374-7148 FOR MORE INFORMATION. NO CHARGE PEER SUPPORT.

HOW TO PARTICIPATE

Because of COVID-19, Peninsula has suspended in-person participation for all Peer Support Academy programs until social distancing is no longer required. For now we use Zoom for group conference calls. Zoom allows participants to either call in by phone or participate online. If you do not have a computer or smartphone, you can call in; however, you will not be able to see other participants. No one will be able to see your name unless you share it with Zoom, nor will they see your whole phone number or any of your email address. 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. You can also use your computer with internet or connect to Wi-Fi to use the Zoom site or the Zoom app you install on your tablet or phone.

Call in a few minutes before meeting is scheduled to start. To join a Zoom meeting by calling in on your phone (no video):

Cellphone calls count against your minutes unless you have an unlimited plan.

A few minutes before start time, dial: (213) 338-8477, then enter meeting ID- 97292233747; Participant ID is #; When asked, enter password 7148

Log in a few minutes before the meeting is scheduled to start so we can start on time. To join your ZOOM meeting by computer or smartphone

To join the meeting, open the Zoom app* on your computer or smartphone a few minutes before start time (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: 97292233747; Then enter your Password: 7148 You should be connected. You might remain in a "waiting room" until the host puts you in the meeting. Be patient.

***How to set up Zoom for internet-connected computer with webcam**

Open your internet browser and head to the Zoom website- <https://www.zoom.us>. If you do not yet have a zoom account, it is free. Click on the orange tab that says "sign up free." It may ask you to verify your birthdate. Zoom will send you an email to confirm your email address. Log into your email and look for the email from Zoom and open it. In the email, click on "activate my account." It will ask if you are using Zoom for school; click "no." Then you will be able to set up your password (*make sure it is something you can remember*). The next page will say "Don't Zoom alone." You can click the box that says "skip this step."

***How to set up Zoom App for smartphone**

Go to the Apple Store or Google Play Store. Search for and download the Zoom Cloud Meetings app. A search in the App Store or Google Play Store will reveal a lot of products called Zoom, and a lot of other products by the actual makers of Zoom as well. Downloading the wrong app--especially if your meeting is happening soon--can be frustrating.

Call (865) 374- 7148 if you need help connecting.

In-person Group Walks

Group walks are planned for Thursday, July 1 and Fridays, July 9th, 16th, 23rd and 30th. No transportation will be provided to the location. Some walks will be held at Knoxville City or Knox County parks or greenways with West Town Mall as the alternate site when the weather is too hot, humid or rainy.

Call (865) 374-7148 *at least one day before* to insure time for Jill or Sheryl to notify you of locations and meeting places.