

August 2021

Schedule Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>2PM: General support phone group. 865-374-0301 Password: 3747148</p>	<p>1PM: Recovery education: Sevier ZOOM. What is Tourette Syndrome</p>	<p>1am-5pm- Call in anytime for individual support 865-214-0256</p>	<p>2 PM: Anxiety and depression support conference group. Sevier ZOOM</p>	<p>12:00 Show and Tell Sevier Zoom</p>
9	10	11	12	13
<p>2PM: General support phone group. 865-374-0301 Password: 3747148</p>	<p>1PM: Recovery education: Sevier ZOOM. How does Exercise help our mental health?</p>	<p>Closed, Velvet will be out.</p>	<p>2 PM: Anxiety and depression support conference group. Sevier ZOOM</p>	<p>12:00 Bingo Sevier Zoom</p>
16	17	18	19	20
<p>2PM: General support phone group. 865-374-0301 Password: 3747148</p>	<p>1PM: Recovery education: Sevier ZOOM. What is Downs Syndrome?</p>	<p>1am-5pm- Call in anytime for individual support 865-214-0256</p>	<p>2 PM: Anxiety and depression support conference group. Sevier ZOOM</p>	<p>12:00 Jeopardy Sevier Zoom</p>
23	24	25	26	27
<p>2PM: General support Phone group. 865-374-0301 Password: 3747148</p>	<p>1PM: Recovery education: Sevier ZOOM. How to practice Mindfulness</p>	<p>1am-5pm- Call in anytime for individual support 865-214-0256</p>	<p>2 PM: Member input meeting/Anxiety and depression support group to follow. Sevier ZOOM</p>	<p>12:00 Ice Breakers Sevier ZOOM</p>
30	31	<p><u>Sevier Zoom: meeting I.D.: 95675887047 Password: 7559</u> <u>Dial by phone: 1-213-338-8477</u> <u>Conference call Mon/Wed/: Dial 865-374-0301 and enter 3747148</u></p>		
<p>2PM: General support phone group. 865-374-0301 Password: 3747148</p>	<p>1PM: Recovery education: Sevier ZOOM. Wellness Tools</p>			

Because of COVID-19, Peninsula has suspended transportation for all Peer Support Academy programs. We currently use Zoom and conference calling and permit members to attend in person activities if they can provide their own transportation. 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: 7559

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

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



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Department of
**Mental Health &
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