

# Peninsula Peer Support Academy *Zoom Group Schedule*

**December 2021**

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

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  | <b>1</b><br><u>11:00 AM- 12:30 PM</u><br>Affirmations Support Group & Cmty Svc    | <b>2</b><br><u>11:00 AM- 12:00 Noon</u><br>Jill's Recovery Story<br><u>2:00 PM- 4:00 PM</u><br>Anxiety & Depression Support                   | <b>3</b><br><br><b>Closed for Artsclamation! Set Up</b><br><br>Public Show Sat. 9 am- 5 pm<br>Sacred Heart Cathedral Hall,<br>711 N. Northshore Dr., 37919 |
| <b>6</b><br><u>11:00 AM- 12:30 PM</u><br>Check-in Support Group<br><u>2:00 – 3:00 PM</u> Guided<br>Visualization/ Chair Yoga      | <b>7</b><br><u>11:00 AM- 12:30 PM</u><br>Boundaries  | <b>8</b><br><u>11:00 AM- 12:30 Noon</u><br>Affirmations Support Grp<br>& Cmty Svc | <b>9</b><br><u>11:00 AM- 12:00 Noon</u><br>Codependency<br><u>2:00 PM- 4:00 PM</u><br>Anxiety & Depression Support                            | <b>10</b><br><u>1:00 PM- 3:00 PM</u><br>Blount, Knox & Sevier PSA<br>Member Input Meeting &<br>BINGO   |
| <b>13</b><br><u>11:00 AM- 12:30 PM</u><br>Check-in Support Group<br><u>2:00 – 3:00 PM</u><br>Meditation & Movement                | <b>14</b><br><u>11:00 AM- 12:30 PM</u><br>Holiday Survival:<br>Dealing with Loneliness                                       | <b>15</b><br><u>11:00 AM- 12:30 PM</u><br>Affirmation Support Grp<br>& Cmty Svc   | <b>16</b><br><u>11:00 AM- 12:00 Noon</u><br>Codependency<br><u>2:00 PM- 4:00 PM</u><br>Anxiety & Depression Support                           | <b>17</b><br><u>1:00 PM- 3:00 PM</u><br><i>The Grinch</i> Movie  |
| <b>20</b><br><u>11:00 AM- 12:30 PM</u><br>Check-in Support Group<br><u>2:00 – 3:00 PM</u><br>Guided Visualization &<br>Chair Yoga | <b>21</b><br><u>1:00 PM- 2:30 PM</u><br>Holiday Party-<br><i>Wear a holiday hat or sweater,<br/>games, stories and music</i> | <b>22</b><br><u>11:00 AM- 12:30 PM</u><br>Affirmation Support Grp<br>& Cmty Svc   | <b>23</b><br><u>11:00 AM- 12:00 Noon</u><br>Name that Holiday Tune <i>Game</i><br><u>2:00 PM- 4:00 PM</u><br>Anxiety & Depression Support     | <b>24</b><br><br><b>CLOSED</b><br>for<br><b>Christmas Holiday</b>  |
| <b>27</b><br><u>11:00 AM- 12:30 PM</u><br>Check-in Support Group<br><u>2:00 – 3:00 PM</u><br>Meditation & Movement                | <b>28</b><br><u>11:00 AM- 12:30 PM</u><br>Holiday Survival:<br>Planning for 2022   | <b>29</b><br><br><b>CLOSED</b><br>for<br><b>Staff Meeting/Training</b>            | <b>30</b><br><u>11:00 AM- 12:00 Noon</u><br>Year in Review + <i>Raffle Drawing</i><br><u>2:00 PM- 4:00 PM</u><br>Anxiety & Depression Support | <b>31</b><br><br><b>CLOSED</b><br>for<br><b>New Years Holiday</b>  |

**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.**



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