

Peninsula Peer Support Academy Zoom Group Schedule

May is Mental Health Month 2022

Schedule subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>11:00 AM- 12:30 PM</u> Empower Your Goals <u>2:00- 4:00 PM</u> BRIDGES Support Group	3 <u>11:00 AM- 12:00 PM</u> Recovery Story Speaker <u>2:00- 3:15 PM</u> Grief & Loss Group	4 <u>11:00 AM- 12:30 Noon</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> What is Myalgia?	5 <i>Cinco de Mayo</i> <u>11:00 AM- 12:15 PM</u> The Four Agreements <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	6 <u>1:00 PM- 3:00 PM</u> Jeopardy
9 <u>11:00 AM- 12:30 PM</u> Empower Your Goals <u>2:00- 4:00 PM</u> BRIDGES Support Group	10 <u>11:00 AM- 12:00 PM</u> Recovery Story Speaker <u>2:00- 3:15 PM</u> Budgeting Class	11 <u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> Dementia	12 <u>11:00 AM- 12:15 PM</u> The Four Agreements <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	13 <u>1:00 PM- 3:00 PM</u> Movie: <i>Second Hand Lions</i>
16 <u>11:00 AM- 12:30 PM</u> Empower Your Goals <u>2:00- 4:00 PM</u> BRIDGES Support Group	17 <u>11:00 AM- 12:00 PM</u> Recovery Story Speaker <u>2:00- 3:15 PM</u> Grief & Loss Group	18 <u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> Paranoia & Phobias	19 <u>11:00 AM- 12:15 PM</u> The Four Agreements <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	20 <u>1:00 PM- 3:00 PM</u> Member Input Meeting/ BINGO
23 <u>11:00 AM- 12:30 PM</u> Empower Your Goals <u>2:00- 4:00 PM</u> BRIDGES Support Group	24 <u>11:00 AM- 12:00 PM</u> Recovery Story Speaker <u>2:00- 3:15 PM</u> When to Listen to Your Body	25 <u>2:00 PM- 3:30 PM</u> Preparing for a Doctor Visit	26 <u>11:00 AM- 12:15 PM</u> The Four Agreements <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	27 <u>1:00 PM- 3:00 PM</u> Pets of Recovery Slide Show/ Icebreakers
30 <i>Memorial Day</i> CLOSED for Holiday	31 <u>11:00 AM- 12:00 PM</u> Recovery Story Speaker <u>2:00- 3:15 PM</u> Grief & Loss Group	Peer Support Staff Numbers Blount- Shay: 865-373-8210 Knox- Sheryl: 865-374-7103 Sevier- Velvet: 865-774-7559	Zoom Info: Meeting ID# 97292233747; Passcode 714800 <i>**Get a participation ticket for the May Goody Basket each time you join a Zoom group. Drawing will be held on June 1st.</i>	

Meet your peers and at Lakeshore Park for NAMI Walk Your Way with the Peninsula team on Saturday, May 21. More info page 2.

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

For help with Zoom, need more info, or want one-on-one peer support, call

Sheryl at Knox 865-374-7148 ~ Shay at Blount 865-373-8210 ~ Velvet at Sevier 865-774-7559

HOW TO PARTICIPATE IN GROUPS

Since COVID-19, Peninsula has suspended in-person participation for all Peer Support Academy programs until it is safer to meet in person. Now we use Zoom for group conference calls which allows participants to either call in 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. You can choose to show your face or not. There is *no charge* to participate. However, be aware that unless you have an unlimited calling plan calls do count against cell phone minutes. Also, your phone carrier will count time spent in online Zoom groups against your data minutes unless you have unlimited data. You can also use your internet-connected computer to use the Zoom site or the Zoom app you install on your tablet or phone.

How to set up Zoom for internet-connected computer with webcam To set up a free Zoom account, go to <https://www.zoom.us>. Click on the orange tab “sign up free.” Verify your birthdate, if asked. Zoom will send you an email to confirm your email address. Log into your email, look for the email from Zoom. Open it and click on “activate my account.” You are not using Zoom for school; click “no.” Then set up your password (*something you can remember*). The next page is “Don’t Zoom alone.” 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. Find and download the Zoom Cloud Meetings app.

To join a Zoom meeting by calling in on your phone (no video): Dial: (213) 338-8477, then enter meeting ID and password * (shown below).

To join your ZOOM meeting by computer or smartphone:

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 see your account page; click on the blue letters, “Join a meeting.” When asked, enter the meeting ID and password *. You might remain in a “waiting room” until the host puts you in the meeting. Be patient. You will be muted when you join.

***New Zoom Info: Meeting ID# is still 97292233747 but new passcode is 714800.** Meetings start on time.

Meet your peers in person! Join us Saturday, May 21 for NAMI Walk Your Way, Lakeshore Park, Register/Check-in at 9 a.m., Walk starts at 10 a.m. (or just hang with our group), Family & Friends picnic at 11:15 a.m. No cost. No transportation provided. **Call to join our team.**



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