

# Peninsula Peer Support Academy *Zoom Group Schedule*

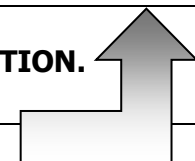
## June 2022

Schedule subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Zoom Info: Meeting ID# 97292233747; Passcode 714800.</b>  <i>**Get a participation ticket for the June Goody Basket each time you join a Zoom group. Drawing will be held on July 5<sup>th</sup>.</i>		<b>1</b>	<b>2</b>	<b>3</b>
		<u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> Coping w/ Triggers in Public	<u>11:00 AM- 12:00 PM</u> Anger Mgmt. Techniques <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	<u>11:00 AM- 12:15 PM</u> Empower Your Goals <u>1:00 PM- 3:00 PM</u> Odd Things Show & Tell
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<u>11:00 AM- 12:30 PM</u> Check-in Chat <u>2:00- 4:00 PM</u> BRIDGES Support Group	<u>11:00 AM- 12:00 PM</u> TMHCA's Chad Cannon <u>2:00- 3:15 PM</u> Codependency	<u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> PTSD & Complex PTSD	<u>11:00 AM- 12:00 PM</u> Anger Mgmt. Techniques <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	<u>11:00 AM- 12:15 PM</u> Empower Your Goals <u>1:00 PM- 3:00 PM</u> Jeopardy
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<u>11:00 AM- 12:30 PM</u> Check-in Chat <u>2:00- 4:00 PM</u> BRIDGES Support Group	<u>11:00 AM- 12:00 PM</u> Meditation & Mindfulness <u>2:00- 3:15 PM</u> Grief & Loss Group	<u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> Questions & Answers	<u>11:00 AM- 12:00 PM</u> Anger Mgmt. Techniques <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	<u>11:00 AM- 12:15 PM</u> Empower Your Goals <u>1:00 PM- 3:00 PM</u> Member Input Mtg/ BINGO
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<u>11:00 AM- 12:30 PM</u> Check-in Chat <u>2:00- 4:00 PM</u> BRIDGES Support Group	<u>11:00 AM- 12:00 PM</u> Recovery Speakers <u>2:00- 3:15 PM</u> Codependency	<u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> How to Use Online Services	<u>11:00 AM- 12:00 PM</u> Anger Mgmt. Techniques <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	<u>11:00 AM- 12:15 PM</u> Empower Your Goals <u>1:00 PM- 3:00 PM</u> Movie: <i>The Greatest Showman</i>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Staff Numbers</b>
<u>11:00 AM- 12:30 PM</u> Check-in Chat <u>2:00- 4:00 PM</u> BRIDGES Support Group	STAFF MTG in AM  <u>2:00- 3:15 PM</u> Grief & Loss Group	<u>11:00 AM- 12:30 PM</u> Affirmations Support Group <u>2:00 PM- 3:30 PM</u> Money-Saving Hacks & Tips	<u>11:00 AM- 12:00 PM</u> Anger Mgmt. Techniques <u>2:00 PM- 4:00 PM</u> Anxiety & Depression Support	Blount- Shay: 865-373-8210 Knox- Sheryl: 865-374-7103 Rae: 865-374-7273 Sevier- Velvet: 865-774-7559

**NO CHARGE PEER SUPPORT. CALL FOR INDIVIDUAL PEER SUPPORT BY PHONE OR FOR MORE INFORMATION.**

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



## HOW TO PARTICIPATE IN ZOOM GROUPS

Since COVID-19, Peninsula has suspended in-person participation for all Peer Support Academy programs until it is safer to meet in person. See below\*  
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.

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

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**\*SOME IN-PERSON GROUPS ARE EXPECTED TO RESUME IN JULY. ZOOM GROUPS WILL CONTINUE.**

**INDIVIDUAL PEER SUPPORT IS AVAILABLE BY PHONE.**



**NO-COST SERVICES made available through a grant from the**

