

ONLINE SUPPORT GROUPS

VIA ZOOM

FAITH-BASED FAMILY SUPPORT GROUPS

TO ENSURE THE SAFETY OF OUR PARTICIPANTS, NAMI-OC WILL CONTINUE TO REACH OUT TO THOSE WHO ARE IN NEED OF SUPPORT, COMPASSION, AND EMPOWERMENT BY PROVIDING A VIRTUAL SUPPORT GROUP VIA ZOOM!

IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN PARTICIPATING, PLEASE SEE OUR INSTRUCTIONS BELOW.

We recommend downloading the Zoom application prior to the meeting to prevent any technical difficulties

HOW TO JOIN BY COMPUTER

- Only those with the Meeting ID will be able to join.
- Follow the prompt to open Zoom and allow application to use Computer Camera and Audio.
- If application asks for your name, feel free to provide your name or your initials.

HOW TO JOIN BY PHONE

You will be prompted to enter a user ID, just push pound (#) to continue, then dial the Meeting ID as shown

SUNDAY NIGHTS

Led by Lynn Boyce
6:30 PM - 8:00 PM

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/89111463028>
MEETING ID: (891) 1146-3028

JOIN BY PHONE

CALL: (669) 900-6833
OR One Tap Mobile:
+16699006833, 89111463028#

MONDAY NIGHTS

Led by Nan Ibarra and Steve Pitman
7:00 PM - 8:30 PM

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/413206654>
MEETING ID: (413) 206-654

JOIN BY PHONE

CALL: (669) 900-6833
OR One Tap Mobile:
+16699006833, 413206654#

EVERY SECOND AND FOURTH TUESDAY OF THE MONTH

Led by Wilfred & Neena Paltanwala
7:00 PM - 8:30 PM

SECOND TUESDAY

JOIN BY COMPUTER

LINK: <https://zoom.us/j/95881263499>
MEETING ID: (958) 8126-3499

JOIN BY PHONE

CALL: (669) 900-6833
OR One Tap Mobile:
+16699006833, 95881263499#

FOURTH TUESDAY

JOIN BY COMPUTER

LINK: <https://zoom.us/j/94205245923>
MEETING ID: (942) 0524-5923

JOIN BY PHONE

CALL: (669) 900-6833
OR One Tap Mobile:
+16699006833, 94205245923#

EVERY SECOND THURSDAY OF THE MONTH

Led by Elaine Huber
6:30 PM - 8:00 PM

JOIN BY COMPUTER

LINK: <https://zoom.us/j/97200657532>
MEETING ID: (972) 0065-7532

JOIN BY PHONE

CALL: (669) 900-6833
OR One Tap Mobile:
+14086380968, 97200657532#

FOR MORE INFORMATION
CONTACT (714) 544-8488
VISIT NAMIOC.ORG

EMAIL KGARCIA@NAMIOC.ORG



ONLINE SUPPORT GROUPS

VIA ZOOM

CLINICIAN LED SUPPORT GROUPS

EVERY THIRD WEDNESDAY OF THE MONTH

Led by Brian Licuanan
7:00PM-8:00PM

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/87328285449?pwd=SFpDY1Bsl3B1VWJxalVZQzRoRFkzQT09>
MEETING ID: (873) 2828-5449
MEETING PASSWORD: 629699

FAMILY LED SUPPORT GROUPS

FIRST & THIRD THURSDAY OF THE MONTH

Led by Charles & Mary Joy
7:00 PM - 8:30 PM

TO JOIN:

Email Mary Joy at mjoystudio@sbcglobal.net to receive meeting link & code

EVERY FIRST & THIRD MONDAY OF THE MONTH

Led by Steve McNally & Liz Buckelew
7:00PM-8:00PM

FIRST MONDAY

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/85697431838>
MEETING ID: (856) 9743-1838

JOIN BY PHONE

CALL: (669) 900 -6833
OR One Tap Mobile:
+16699006833,,85697431838#

THIRD MONDAY

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/85184337264>
MEETING ID: (851) 8433 7264

JOIN BY PHONE

CALL: (669) 900 -6833
OR One Tap Mobile:
+16699006833,,85697431838#

PEER LED SUPPORT GROUPS

WELLNESS CENTER CENTRAL

FOR DATES & TIMES VISIT:

[HTTPS://WWW.WELLNESSCENTEROC.COM/](https://www.wellnesscenteroc.com/)

JOIN BY COMPUTER:

LINK: <https://www.webex.com/login/attend-a-meeting>
(Enter the meeting number in the join tab)

JOIN BY PHONE

CALL (415) 655-0003
(Enter the meeting number)

*Calendar is located on the "Member Activities" tab on the left of the page.

*Search the calendar for "NAMI Connection" for Meeting Number at the bottom of group.

*Calendar changes weekly

IF YOU OR SOMEONE YOU KNOW
IS INTERESTED IN
PARTICIPATING, PLEASE SEE OUR
INSTRUCTIONS BELOW.

We recommend downloading the Zoom application
prior to the meeting to prevent any technical difficulties

HOW TO JOIN BY COMPUTER

- Only those with the Meeting ID will be able to join.
- Follow the prompt to open Zoom and allow application to use Computer Camera and Audio.
- If application asks for your name, feel free to provide your name or your initials.

HOW TO JOIN BY PHONE

You will be prompted to enter
a user ID, just push pound (#) to continue,
then dial the Meeting ID as shown

FOR MORE INFORMATION
CONTACT (714) 544-8488

VISIT NAMIOC.ORG

EMAIL KGARCIA@NAMIOC.ORG



StigmaFreeOC.com

