



Zoom group September schedule and rules

You may join by clicking the Zoom link for **OPEN** groups. (green text)

Please contact by email or phone# listed for all the **CONFIDENTIAL** groups. (purple text)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:00 to 12:00pm Walking Thru Depression (Susan)</p> <p>2:00 to 3:00pm LGBT and Friends (Nicole)</p>	<p>10:00 to 11:00am Peer Support (Naomi)</p> <p>11:30 to 12:30pm Anxiety Support (Gracie)</p> <p>1:00 to 2:00pm Self-Advocacy (Lori)</p>	<p>1:00 to 2:00pm Beginning Spanish (Tania)</p>	<p>11:00 to 12:00pm Art Group (Naomi)</p> <p>1:00 to 2:00pm Visions and Voices (Tania)</p>	<p>10:00 to 11:00am Peer Support (Nicole)</p> <p>12:00 to 1:00pm Open Mic (Tania)</p> <p>3:00 to 4:00pm SMART Recovery (Danette)</p>

 **Headphone** and  **Video turned on are required for confidential groups.**

The reason for this is so that we can maintain the group's confidentiality. While we do everything we can to ensure your confidentiality, we want you to be aware that it depends on the integrity of everyone participating, which we cannot control.

We ask these for all the group participants.

1. If you have not used Zoom before, please watch this tutorial PRIOR TO joining your group:
<https://www.youtube.com/watch?v=ci2iR2aqf38>
2. Make sure you are in a private and **non-distracting** location while in the group.
3. **Be on time.** The Facilitator will determine whether or not to allow participants to join late.
4. You will be asked to complete a demographic poll during your first meeting.
5. **Stay muted** and until ready to speak. **Raise your hand** to speak. One person speaks at a time.
6. **No cross talk** between participants. Cross talk is people talking with each other in exclusion of the other group members.
7. **All the center rules and rights apply.**



Walking Through Depression: Susan and Tania

Time: Mondays @ 11:00am-12:00pm

To join this confidential group contact Susan.Stone@westcountyservices.org or call (707) 565-7800

LGBT and Friends: Nicole and Tania

Time: Mondays @ 2:00pm-3:00pm

To join this confidential group contact Nicole.Cataldo@westcountyservices.org or call (707) 565-7800

Peer Support: Naomi and Nicole

Time: Tuesdays and Fridays @ 10:00am-11:00am

To join this confidential group contact Naomi.Murakami@westcountyservices.org or Nicole.Cataldo@westcountyservices.org or call (707) 565-7800

Anxiety Support: Gracie and Nicole

Time: Tuesdays @ 11:30am-12:30pm

To join this confidential group contact Gracie.Mckeowen@westcountyservices.org or call (707) 565-7800

Self-Advocacy: Lori and Naomi

Time: Tuesdays @ 1:00pm-2:00pm

To join this confidential group contact Lori.Frinzell@westcountyservices.org or call (707) 565-7800

Beginning Spanish: Tania and Nicole

Time: Wednesdays @ 1:00pm-2:00pm

Join Zoom Meeting <https://zoom.us/j/96885554619?pwd=NFd5Q291Q3VpSndQUE1mYkp4ZERzZz09>

Meeting ID: **968 8555 4619**

Passcode: **422800**

Art Group: Naomi and Gracie

Time: Thursdays @ 11:00am-12:00pm

Join Zoom Meeting <https://zoom.us/j/99361208757?pwd=aDZ4WHhDWnR4c0N3TkNiVWVCa1dqQT09>

Meeting ID: **993 6120 8757**

Passcode: **545230**

Visions and Voices: Tania and Jeff

Time: Thursdays @ 1:00pm-2:00pm

To join this confidential group contact Tania.Carrillo@westcountyservices.org or call (707) 565-7800

Open Mic: Tania and Nicole

Time: Fridays @ 12:00pm-1:00pm

Join Zoom Meeting <https://zoom.us/j/96295455034?pwd=QzJSV0lxQmdQYXFEenZJRmc4YnZnQT09>

Meeting ID: **962 9545 5034**

Passcode: **445973**

SMART Recovery: Danette and Susan

Time: Fridays @ 3:00pm-4:00pm

To join this confidential group contact Danette.Alander@westcountyservices.org or call (707) 565-7800