

INSTRUCTIONS TO JOIN FRIENDS AFTER DIAGNOSIS ONLINE SUPPORT MEETINGS

You can join meetings using your computer, tablet, smartphone, and/or telephone. The technology you use to connect will determine whether you can see the faces of others in the meeting and whether you can talk and be heard during the meeting.

Tablets and smartphones have cameras and microphones, and nowadays most laptops have them as well. Desktop computers usually have speakers but less frequently have cameras and microphones. If you don't have a microphone or speakers with your computer, you can participate via telephone (the numbers are below; if you like you can watch the meeting on your computer and listen and talk using your phone).

You can get set up for the meeting ahead of time if you like and then join the meeting when it's time. To get set up using a smartphone or tablet, download the Zoom app. When you open the app it will ask you for the meeting ID (you don't need to sign up for an account). To get set up using your laptop or desktop, after you click on a Join Zoom Meeting link below, you will be prompted to download a program (they call it a client), and when you do you'll see a big orange arrow telling you where to click next. That next click will install the client on your machine and then you'll just need to enter the meeting ID.

We have adjusted the settings on Zoom to ensure that nothing about the meetings will be recorded or saved in any way. These meetings will be confidential, just as they are in Friendship House. I hope you can join us!

MONDAYS

Join Zoom Meeting: <https://zoom.us/j/267112300>

Meeting ID: 267 112 300

Passcode: 363233

Telephone (audio only; enter meeting ID when prompted): (301) 715-8592

WEDNESDAYS

Join Zoom Meeting:

<https://us02web.zoom.us/j/81927451082?pwd=eUlnaHR2TjdOb1JiaE55OHRwOG43UT09>

Meeting ID: 819 2745 1082

Passcode: 377257

Telephone (audio only; enter meeting ID when prompted): (301) 715-8592

SATURDAYS

Join Zoom Meeting: <https://zoom.us/j/646083929>

Meeting ID: 646 083 929

Passcode: 218322

Telephone (audio only; enter meeting ID when prompted): (301) 715-8592