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.

**ONLINE SUPPORT GROUPS VIA ZOOM**

**FAITH-BASED FAMILY SUPPORT GROUPS**

**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#

**FAITH-BASED FAMILY SUPPORT GROUPS**

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6:30 PM - 8:00 PM

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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

Partially Funded by the OC Health Care Agency, Behavioral Health Services, Prevention and Intervention Division, MHSA/Prop. 63
If you or someone you know is interested in participating, please see our instructions below.

**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 THIRD WEDNESDAY OF THE MONTH**  
Led by Brian Licuanan  
7:00 PM - 8:00 PM

**JOIN BY COMPUTER**  
LINK: https://us02web.zoom.us/j/87328285449?pwd=SFpDY1Bsl3BlWJxalVZQzRoRFkzQT09  
MEETING ID: (873) 2828-5449  
MEETING PASSWORD: 629699

**CLINICIAN LED SUPPORT GROUPS**

**EVERY FIRST & THIRD MONDAY OF THE MONTH**  
Led by Steve McNally & Liz Buckelew  
7:00 PM - 8:00 PM

**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/

**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

For more information  
Contact (714) 544-8488  
Visit NAMIOC.ORG  
Email Kgarcia@NAMIOC.ORG