

JOIN US FOR A VIRTUAL SUPPORT GROUP MEETING USING ZOOM

● ZOOM IS FREE

- To sign up on computer: visit <https://zoom.us/signup>
- To sign up on smart phone or iPad, go to app store and download: "Zoom Cloud Meetings"

● WHAT YOU NEED TO ZOOM:

- Good internet access
- Computer, iPad, or smartphone with microphone and camera (if using video)
- Quiet space

● HOW TO JOIN VIRTUAL SUPPORT GROUP MEETING:

- From Computer, iPad, or Smartphone, click on the link provided to you (via email, support group leader, or other person)
- Enter the **PASSWORD** you were provided
- Choose "Join using computer audio" (make sure volume is turned up on device)
- Click on **video camera** icon to turn your video on
- Calling in by Phone? Call the number provided to you

● HELPFUL TIPS:

- Login into Zoom 10 minutes before start time if you are new to Zoom
- Choose which "screen view" you want to use
 - *Gallery View* - everyone is in a grid
 - *Speaker View*- speaker appears big/others appear smaller
- When someone is speaking, a **GREEN** square will appear around them
- **MUTE** yourself when not speaking
- To **SPEAK**, click on the **HAND ICON** or **UNMUTE** yourself
- To **Ask a Question**, use the **CHAT** box on the right hand side of the screen (you can select to chat with the entire group or you can select an individual person)
- To turn your **VIDEO CAMERA** off/on, click on the **video camera icon**

- **For help learning to ZOOM, watch this step by step video:**
<https://www.youtube.com/watch?v=6fIYWnfTc5o>