

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

FOR MORE INFORMATION  
CONTACT (714) 544-8488  
VISIT [NAMIOC.ORG](http://NAMIOC.ORG)  
EMAIL [KGARCIA@NAMIOC.ORG](mailto:KGARCIA@NAMIOC.ORG)

# 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  
Wilfred Paltanwala: 714-827-9356

#### TO JOIN:

Email: [kgarcia@namioc.org](mailto:kgarcia@namioc.org) for the meeting link and ID

#### 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#

### CLINICIAN LED SUPPORT GROUPS

#### EVERY FIRST WEDNESDAY OF THE MONTH

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

##### JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/87328285449?pwd=SFpDY1BsL3BIVWJxalVZQzRoRFkzQT09>  
MEETING ID: (873) 2828-5449  
MEETING PASSWORD: 629699



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