

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
EMAIL 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 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=SFpDY1BsL3BlVWJxalVZQzRoRFkzQT09>
MEETING ID: (873) 2828-5449
MEETING PASSWORD: 629699



StigmaFreeOC.com



EachMind MATTERS
California's Mental Health Movement