



Joseph Dwyer Veterans Peer Support Project Online Support Groups

During this public health crisis, we have created an Online Support Group schedule to help our Veterans stay connected. The groups are hosted on Zoom and can be joined online or by phone.

Mondays: 12:00 pm - 1:00 pm EST

Tuesdays: 7:00 pm - 8:00 pm EST

Wednesdays: 12:00 pm - 1:00 pm EST

Thursdays: 7:00pm - 8:00 pm EST

Fridays: 12:00 pm - 1:00 pm EST

You can access our Support Groups by visiting this link:

<https://zoom.us/j/134570100>

You may be prompted to download the "Zoom" app the first time you log in if you are accessing the group from a smartphone. You will have the option of using the audio from your device/computer, or from a telephone.

You may also call in to join this meeting by phone:

1 929 205 6099

Meeting ID: **134-570-100**

Staying connected is vital, now more than ever.

The Veterans Crisis Line at 1 (800) 272-8255 & Press 1

ZOOM Basics for Participating in a Scheduled Meeting

To enter a scheduled meeting:

Click the link emailed to you to access meeting and you're in!
(you may be prompted to download Zoom, but it's free!)

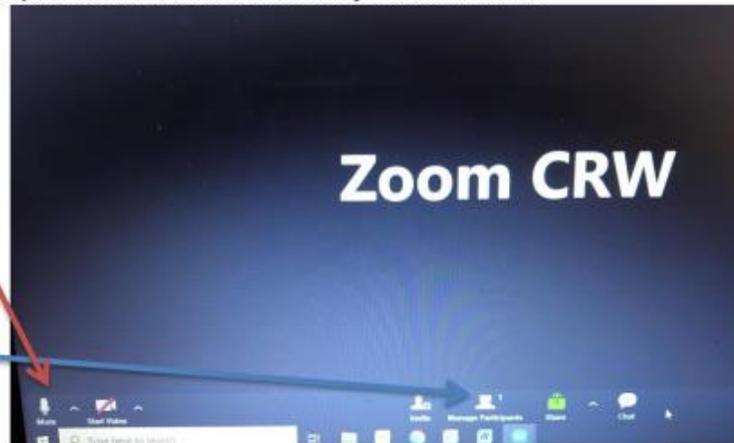
Participant features:

Once in your meeting, you can utilize different settings. To do this, hover your mouse over the bottom (or top) of your screen until a tool bar comes up that looks like this:

Click the microphone on the left to mute or unmute yourself

Click the camera (next to the microphone) to start or stop video

Click on participants to view, rename yourself, or raise hand.



Virtual meeting etiquette

- To avoid feedback, echoing, and/or background noise when others are speaking, please place yourself on mute.
- Please use the "raise hand" option and the chat box if you have any questions or would like to share.
- Please note that messages and "raised hands" will be replied to in the order they're received, and that responses in the chat box will likely be delayed due to facilitator's focus on group discussion in progress.

The facilitator will make sure everyone is comfortable using the Zoom platform before we begin and then review the Guiding Principles to begin group.