

Hi group members!

Our meeting has moved online until we are back to being up and running in-person. Below is the information on how to join in. Additionally, you can join us by phone (that info is also below).

Looking forward to seeing some familiar faces and I hope you're all taking good care of yourselves during this time.

You have been invited to a scheduled Zoom meeting.

**Topic:** You Are Not Alone

**Time:** Mar 21, 2020 05:30 PM Eastern Time (US and Canada)

Every week on Saturday.

**Advance Preparation:** To prepare for the meeting, if you are able, it is best to download the Zoom app on your phone or computer using this link; <https://zoom.us/support/download>

Once you have the application, you might want to test and make sure that your microphone and video work with the app. Alternatively, without downloading anything, you can also register yourself at <https://zoom.us/>.

**At The Meeting Time: (17:30)**

click on this link to Join Zoom Meeting

<https://us04web.zoom.us/j/315605679>

The link will open in your browser and then will launch the zoom meeting.

For reference, though you likely won't need this, our Meeting ID: 315 605 679

If you aren't using electronic devices or just aren't able to get the app for any reason, you can call into the meeting by dialing this number (commas and all);

One tap mobile

+16473744685,,315605679# Canada

+16475580588,,315605679# Canada

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada

+1 204 515 1268 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

Meeting ID: 315 605 679

**Meeting Etiquette:** General video call etiquette is to keep yourself muted, except when you're speaking. This helps everyone focus on the speaker. Participants should be in a quiet space for the meeting.

## **ANONYMITY**

Anonymity will remain in place for this meeting. The platform is encrypted (secure and private), and no recording will be made or shared. Be mindful of the name you use in the Zoom app, if you have a registered account.

Additionally, members of You Are Not Alone are available for 1:1 support chats, please don't hesitate to reach out. <https://Intherooms.com> also has meetings almost every hour from a variety of fellowships including; SA, SAA, CODA and SLAA.

Take care,

Lyndsey