

KNOX, BLOUNT, SEVIER PEER SUPPORT ACADEMIES

JANUARY 2024

JOINT ZOOM CALENDAR

Feel Free to Call, Text, or Email [Lucius Irvin at: 865-363-7586 jirvin1@covhlth.com](mailto:jirvin1@covhlth.com); [Rae Mullenbach at: 865-363-2819 cmullenb@covhlth.com](mailto:cmullenb@covhlth.com)

No charge for peer support.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5 1 PM – 3 PM w/Lucius Fun Friday Zoom ID: 972 6889 5130 Passcode: 3738210
8 5:30pm – 6:30pm w/Rae Better Boundaries Workbook ID: 917 7995 3436 Passcode: 3632819	9 9am – 10am w/Rae Wellness Tools for Anger Management ID: 917 7995 3436 Passcode: 3632819	10 No Zoom. <u>Please see in-person calendars</u>	11 9am – 10am w/Rae Communication Skills - working WITH our situations ID: 917 7995 3436 Passcode: 3632819	12 1 PM – 3 PM w/Lucius Fun Friday Zoom ID: 972 6889 5130 Passcode: 3738210
15 5:30pm – 6:30pm w/Rae Better Boundaries Workbook ID: 917 7995 3436 Passcode: 3632819	16 9am – 10am w/Rae Wellness Tools for Anger Management ID: 917 7995 3436 Passcode: 3632819	17 No Zoom. <u>Please see in-person calendars</u>	18 9am – 10am w/Rae Communication Skills - working WITH our situations ID: 917 7995 3436 Passcode: 3632819	19 1 PM – 3 PM w/Lucius Fun Friday Zoom ID: 972 6889 5130 Passcode: 3738210
22 5:30pm – 6:30pm w/Rae Better Boundaries Workbook ID: 917 7995 3436 Passcode: 3632819	23 9am – 10am w/Rae Wellness Tools for Anger Management ID: 917 7995 3436 Passcode: 3632819	24 No Zoom. <u>Please see in-person calendars</u>	25 No Zoom. – Staff Meeting	26 1 PM – 3 PM w/Lucius Fun Friday Zoom ID: 972 6889 5130 Passcode: 3738210
29 5:30pm – 6:30pm w/Rae Better Boundaries Workbook ID: 917 7995 3436 Passcode: 3632819	30 9am – 10am w/Rae Wellness Tools for Anger Management ID: 917 7995 3436 Passcode: 3632819	31 No Zoom. <u>Please see in-person calendars</u>	1 February 9am – 10am w/Rae Communication Skills - working WITH our situations ID: 917 7995 3436 Passcode: 3632819	2 February 1 PM – 3 PM w/Lucius Fun Friday Zoom ID: 972 6889 5130 Passcode: 3738210

INSTRUCTIONS ON HOW TO JOIN US ON ZOOM ARE ON THE BACK.

OUR GROUPS ARE OFFERED FREE OF CHARGE TO ANYONE OVER THE AGE OF 18 WHO LIVES WITH A DIAGNOSABLE MENTAL HEALTH CONDITION OR PAST OR PRESENT SUBSTANCE USE DISORDER

How to set up Zoom for internet-connected computer with webcam To set up a free Zoom account, go to <https://www.zoom.us>. Click on the orange tab “sign up free.” Verify your birth date, if asked. Zoom will send you an email to confirm your email address. Log into your email, look for the email from Zoom. Open it and click on “activate my account.” You are not using Zoom for school; click “no.” Then set up your password (*something you can remember*). The next page is “Don’t Zoom alone.” Click the box that says “skip this step.”

How to set up Zoom App for smartphone Go to the Apple Store or Google Play Store. Find and download the Zoom Cloud Meetings app.

To join a Zoom meeting by calling in on your phone (no video): 470 250 9358

To join your ZOOM meeting by computer or smartphone:

Open the Zoom app* on your computer or smartphone (or you can go to the Zoom website <https://www.zoom.us> Log into Zoom using your email address and the password you set up. You will see your account page; click on the blue letters, “Join a meeting.” When asked, enter the Meeting ID and Passcode listed for each day. You might remain in a “waiting room” until the host puts you in the meeting. Be patient. You will be muted when you join.



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