

KNOX, BLOUNT, SEVIER PEER SUPPORT ACADEMIES APRIL 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. **FOR ALL MEETINGS: Meeting ID: 917 7995 3436 Passcode: 3632819**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition 4 Mental ☺ <u>1pm – 2pm w/ Rae</u> Better Boundaries	2 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	3 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	4 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	5 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery
8 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition 4 Mental ☺ <u>1pm – 2pm w/ Rae</u> Better Boundaries	9 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	10 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	11 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	12 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery
15 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition 4 Mental ☺ <u>1pm – 2pm w/ Rae</u> Better Boundaries	16 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	17 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	18 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	19 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery
22 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition 4 Mental ☺ <u>1pm – 2pm w/ Rae</u> Better Boundaries	23 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	24 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	25 No Zoom – Staff Meeting	26 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery
29 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition 4 Mental ☺ <u>1pm – 2pm w/ Rae</u> Better Boundaries	30 <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	1 May <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	2 May <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery	3 May <u>10am – 11am w/Rae</u> In a Nutshell ... Processing Emotions <u>11:am-12pm w/Rae</u> Fitness & Nutrition for Mental Health and Recovery

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 at the top of the calendar. 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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