

TO ENSURE THE SAFETY OF THE PARTICIPANTS, NAMI-OC WILL CONTINUE TO OFFER 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.

SUPPORT GROUPS ARE INTENDED FOR FAMILY MEMBERS AND PEERS ONLY. ALL SUPPORT GROUPS INVOLVE ACTIVE PARTICIPATION AND ARE NOT OPEN FOR OBSERVATION.

FOR MORE INFORMATION
CONTACT (714) 544-8488
VISIT NAMIOC.ORG
EMAIL KGARCIA@NAMIOC.ORG

ONLINE SUPPORT GROUPS

VIA ZOOM

FAMILY SUPPORT GROUPS

EVERY SECOND FRIDAY 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

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

EVERY FIRST & THIRD MONDAY OF THE MONTH

Led by Steve McNally & Liz Buckelew | 7:00PM – 8:00PM

Contact Steve McNally or Liz Buckelew for Meeting Password:

Steve McNally: stmcnally@gmail.com | **Liz Buckelew:** lizsday@aol.com

FIRST MONDAY

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/85697431838>

MEETING ID: 856-9743-1838

THIRD MONDAY

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/85184337264>

MEETING ID: 851-8433-7264

WEDNESDAY NIGHTS

OC HEALTH CARE CLINIC - WESTMINSTER

Led by Phyllis Lembke and Robert Ortega | 6:00 PM – 7:00 PM

JOIN BY COMPUTER:

Link: <https://us02web.zoom.us/j/84967315318>

MEETING ID: 849-6731-5318

CLINICIAN-LED FAMILY SUPPORT GROUP

EVERY FIRST WEDNESDAY OF THE MONTH

Led by Dr. Brian Licuanan Ph.D. | 7:00PM – 8:00PM

JOIN BY COMPUTER

LINK: <https://us02web.zoom.us/j/84021168138>

MEETING ID: 840-2116-8138



StigmaFreeOC



Partially Funded by the OC Health Care Agency, Behavioral Health Services,
Prevention and Intervention Division, MHS/ Prop. 63

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ONLINE SUPPORT GROUPS

VIA ZOOM

FAITH-BASED FAMILY SUPPORT GROUPS

FIRST & THIRD THURSDAY OF THE MONTH

Led by Charles & Mary Joy | 7:00 PM - 8:30 PM

TO JOIN:

Email Mary Joy at mjoystudio@sbcglobal.net to receive meeting link & code

MONDAY NIGHTS

Led by Nan Ibarra | 7:00 PM - 8:30 PM

TO JOIN:

Email Nan Ibarra for Meeting Link: nanibarra4@gmail.com

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 FIRST AND THIRD WEDNESDAY OF THE MONTH

Led by JoAnn & Jerry Pyne | 7:00 PM - 8:30 PM

TO JOIN:

Email: joannpyne@aol.com for the meeting link and ID

GRUPOS DE APOYO EN ESPAÑOL

CADA OTRO JUEVES DEL MES

Facilitadoras: Gloria Peters & Lucia Ojeda | 6:00 PM - 7:00 PM

JUNTA ATRAVEZ DE COMPUTADORA

Link: <https://us02web.zoom.us/j/88073744932>
Meeting ID: 880 7374 4932

PEER LED SUPPORT GROUPS

WELLNESS CENTER WEST FOR DATES & TIMES VISIT:

[HTTPS://WELLNESSCENTERWEST.ORG/TELE-GROUPS](https://wellnesscenterwest.org/tele-groups)

Please call their direct phone line at (657) 667-6455 for your invitation ID for this teleconference.

WELLNESS CENTER CENTRAL FOR DATES & TIMES VISIT:

[HTTPS://WWW.WELLNESSCENTEROC.COM/](https://www.wellnesscenteroc.com/)

JOIN BY COMPUTER:

Download Zoom Application on device and input Meeting ID number into join tab



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- Calendar is located on the "Member Activities" tab on the left of the page.
- Search the calendar for "NAMI Connection" for Meeting Number at the bottom of group.
- Calendar changes weekly