

TO ENSURE THE SAFETY OF THE PARTICIPANTS, NAMI-OC WILL CONTINUE TO OFFER SUPPORT, COMPASSION, AND EMPOWERMENT BY PROVIDING VIRTUAL SUPPORT GROUPS VIA ZOOM

PER CDC GUIDELINES, WE STRONGLY ENCOURAGE THOSE ATTENDING OUR IN-PERSON SUPPORT GROUPS TO WEAR MASKS REGARDLESS OF VACCINATION STATUS

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](http://NAMIOC.ORG) EMAIL [KGARCIA@NAMIOC.ORG](mailto: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:** [stmcnally1@gmail.com](mailto:stmcnally1@gmail.com) | **Liz Buckelew:** [lizsday@aol.com](mailto: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



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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 for Meeting Link: [mjoystudio@sbcglobal.net](mailto:mjoystudio@sbcglobal.net)

**EVERY SECOND AND FOURTH MONDAY NIGHT**

Led by Nan Ibarra | 7:00 PM – 8:30 PM

**TO JOIN:**

Email Nan Ibarra for Meeting Link: [nanibarra4@gmail.com](mailto: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

**Second Tuesday of the month (virtual)**

Email: [kgarcia@namioc.org](mailto:kgarcia@namioc.org) for the meeting link and ID

**Fourth Tuesday of the month (In-Person):**

East West Community Church (Magnolia Baptist Church)  
720 S. Magnolia Ave., Anaheim, CA 92894 (Conference Room)

**EVERY FIRST AND THIRD WEDNESDAY OF THE MONTH**

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

**St. Irenaeus Church (In-Person)**

501 Evergreen, Cypress, CA 90630

## 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](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/)

**TO ATTEND IN PERSON:**

401 S. Tustin St. #C Orange, CA 92866

**TO JOIN VIRTUALLY:**

**Wednesdays from 9:45AM -10:45AM**

[HTTPS://PATHWAYS.ZOOM.US/J/82450472205](https://pathways.zoom.us/j/82450472205)

Meeting ID: 824 5047 2205

**Saturdays from 1:00PM-2:00PM**

[HTTPS://PATHWAYS.ZOOM.US/J/82523848811](https://pathways.zoom.us/j/82523848811)

Meeting ID: 825 2384 8811



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