



Mental health  
advocacy, education  
and support.

## **NAMI Chicago Virtual Support Groups Schedule** **March 31 to April 3**

### **Peer Support Groups** – *Instructions to join below*

#### **Monday, March 30, 2020**

6:00 to 7:30 pm

Online: <https://zoom.us/j/196612187>

Join by phone: [312 626 6799](tel:3126266799)

Meeting ID: 196 612 187

#### **Tuesday, March 31, 2020**

1:00 to 2:30 pm

Online: <https://zoom.us/j/907097548>

Join by phone: [312 626 6799](tel:3126266799)

Meeting ID: 907 097 548

#### **Wednesday, April 1, 2020**

6:00 to 7:30 pm

Online: <https://zoom.us/j/857895144>

Join by phone: 312 626 6799

Meeting ID: 857 895 144

#### **Thursday, April 2, 2020**

1:00 to 2:30 pm

Online: <https://zoom.us/j/623538536>

Join by phone: 312 626 6799

Meeting ID: 623 538 536

#### **Friday, April 3, 2020**

6:00 to 7:30 pm

Online: <https://zoom.us/j/551754502>

Join by phone: 312 626 6799

Meeting ID: 551 754 502

### **Family Support Groups (English)** – *Instructions to join below*

#### **Thursday, April 2, 2020**

6:30 to 7:30 pm

Online: <https://zoom.us/j/786562927>

Join by phone: 312 626 6799

Meeting ID: 786 562 927



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### **How to join online:**

1. Click the link provided above for the group you wish to join
2. Either click “open Zoom” or “start from your browser”
3. You will then be directed to the group’s waiting area
4. The facilitator will admit you into the group once the group begins

### **To join by phone:**

1. Call the phone number above for the group you wish to join
2. Enter the Meeting ID number listed above and then press the # key
3. You will then be directed to the group’s waiting area
4. The facilitator will admit you into the group once the group begins