


Online Support Group Guidelines

Promotion of Support Groups

- Reminders will be posted to social media the day each group meets.
- Connection Recovery will be every Thursday from 6- 7:30 p.m.
 - Registration will open Monday at 9 a.m. and will close 15 minutes prior to the start of the support group
- Family Support groups will be every Tuesday from 6-7:30p.m.
 - Registration will open the Friday before at 9 a.m. and will close 15 minutes prior to the start of the support group.

Admission into support groups*

- NAMI North Texas online support groups will be limited to 15 participants (not including facilitators).
 - To ensure this, NAMI has enabled “**manual approval**” in the Zoom platform for those who register for the support group.
 - No more “approvals” will be made after 5:45 p.m.: *This allows adequate time for participants to work out any technical difficulties before the meeting begins at 6 p.m.*
- **Zoom** will email the respective participant with instructions to log onto the meeting
(*Need help with Zoom? Please look at the Helpful Tips below*)
- Once the participant has logged on via Zoom, they will be put into a virtual waiting room where the host will then admit them

***Please Note:** To remain respectful of others and to maintain the fluidity of the group, no one is to be admitted into the meeting **after the first 10 minutes.** 

Helpful Tips when using Zoom

- For those who are using computers or tablets, click the link that says “Click Here to Join” (see example below)

Join from PC, Mac, Linux, iOS or Android: [Click Here to Join](#)

- For individuals calling in via telephone there WILL be a password that MUST be typed in before being admitted into the group. The password is “**1982**” and will remain the same for all support groups.

***For any additional information or help please contact Jenifer Templo at
Jtemplo@NAMINorthTexas.org***