

NOVA Caregivers Virtual Support Group

Dates: May 23, June 27, and July 25

Time: 10:30AM-12:30PM

(Worried about tech issues? Join early @ 10:15 AM & we'll help troubleshoot!)

Platform: Zoom

(See reverse for instructions on joining)

Facilitators: MaryRita Cuddihy & Joe Cuddihy

What Can I Expect?

- A safe place to:
 - Connect with others facing ALS (patients, caregivers, & loved ones are welcome)
 - Develop coping methods
 - Learn more about ALS
 - Stay up-to-date on the latest developments in ALS

Questions or First Time Joining?

Contact Nittu Sharma, MSW

Care Services Coordinator NOVA

The ALS Association - DC/MD/VA Chapter

T: 240-428-9601 E: nsharma@alsinfo.org

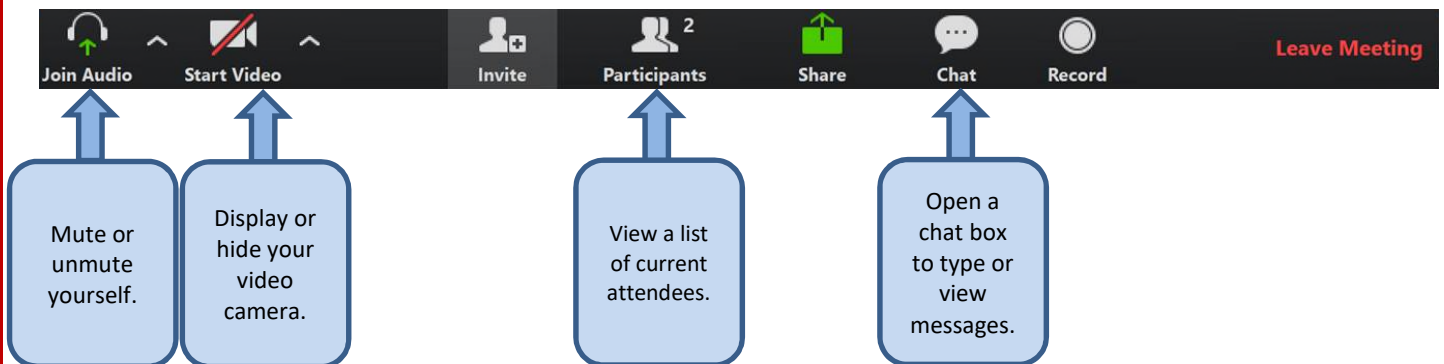
Joining By Web Browser on Laptop/Computer?

1. If you plan to join by Google Chrome, Microsoft Edge, Internet Explorer, Safari, or Mozilla Firefox, open your web browser and go to:

[https://us02web.zoom.us/j/86573926255?pwd=cHZUYWkyTGxVYzU2Sk5IWTR0Ykl1Zz](https://us02web.zoom.us/j/86573926255?pwd=cHZUYWkyTGxVYzU2Sk5IWTR0Ykl1Zz09)

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1. Enter your name.
2. Click **Join**.
3. Below is the taskbar you will see once you've joined.



Joining By Telephone Dial-In?

1. On your phone, dial the following **teleconferencing** number by your location: **+1 646-558-8656 US (New York)** OR **+1 312-626-6799 (Chicago)**
2. Enter the following **meeting ID number** when prompted using your dial pad: **641 046 554**

Note: If you have already joined the meeting via computer, you will have the option to enter your 2-digit participant ID to be associated with your computer. If you have not joined on your computer, simply press # again when prompted to enter in your participant ID.

Joining By Cell Phone Application?

1. Download the Zoom app from the Google Play Store or the App Store and open the app.
2. Join the meeting using one of these methods:
 - Tap **Join a Meeting** if you want to join without signing in.
 - Sign in to Zoom then tap **Join**.
 - Enter your name and the following **meeting ID number**: **865 7392 6255** & **password**: **999122**
 - If you're signed in, change your name if you don't want your default name to appear.
 - If you're not signed in, enter a display name.
3. Select if you would like to connect audio and/or video and tap **Join Meeting**.

If you have any difficulty joining, visit <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting> for further instructions.