

Virtual Support Group

Chesapeake Support Group-Open to all

Date: 1st Tuesday of the Month

Time: 6:30-8:00 PM

(Worried about tech issues? Join early @ 6:15 PM & we'll help troubleshoot!)

Platform: Zoom

(See reverse for instructions on joining)

Facilitators: Jeri Prosser

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?

Contact Jeri Prosser, BTPS RRT

Senior Care Services Coordinator

The ALS Association - DC/MD/VA Chapter

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Joining By Web Browser on Laptop/Computer?

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

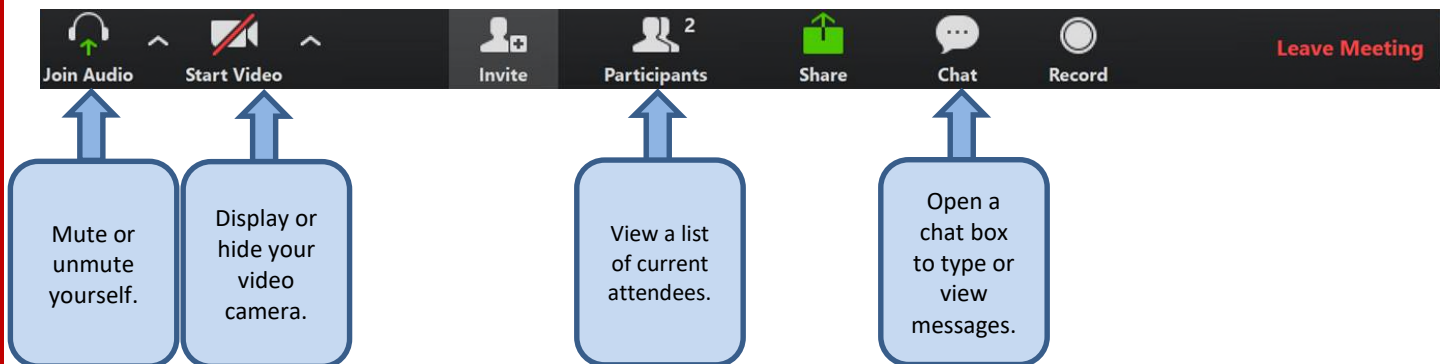
<https://us02web.zoom.us/j/464898834?pwd=aGM0cm1kZnhpR2tWdDNjTi96eWNUdz09>

If prompted: Meeting ID: 464 898 834

Password: Chesapeake

Enter your name.

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



Joining By Telephone Dial-In?

On your phone, dial the following **teleconferencing** number by your location:

+1 301 715 8592 US

+1 312 626 6799 US

Enter the following **meeting ID number** when prompted using your dialpad:

Meeting ID: 464 898 834

Password: 827933

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**.
3. Enter your name and the following **meeting ID number: 464 898 834**.
 - 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.
4. 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.