

# Free Virtual Peer Support Groups

There are 2 easy ways to join our virtual meetings:

1. Call in by phone to 1-669-900-6833 and enter the meeting ID followed by # OR
2. Go to <https://www.zoom.us/join/> on your internet-ready smart device and enter the Meeting ID and/or Passcode for the group meeting you wish to Join.

<b>MONDAYS</b>	
11:00 am – 12:00 pm PST	<p><b>Real Talk</b> led by Gary Jones  <a href="#">Click here to Register &amp; Join Zoom Meeting</a> Meeting ID: 811 1341 9411  <i>A safe, confidential space to keep it real with your peers! Connect with us for support, learn about self-advocacy, and receive connection to local resources.</i></p>
4:00 pm – 5:00 pm PST	<p><b>Grief and Loss Group</b> led by Jess Diaz  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 813 8730 9561  <i>Coping with the loss of someone or something you love is one of life's biggest challenges. You are not alone! Join our peer-led group to connect with other individuals who are coping with loss.</i></p>
5:00 pm – 6:30 pm PST	<p><b>Battered Not Broken</b> led by Shina Webb  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 882 8753 9173  <i>A safe space to just TALK to someone! No judgement here, this is a safe space to connect with others for support.</i></p>
<b>TUESDAYS</b>	
1:00 pm – 2:00 pm PST	<p><b>Cuentame Un Cuento <i>En Español!</i></b> led by Isabel Molina  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 837 4874 0043  <i>Grupo liderado por pares presentado en español. Te invitamos a explorar historias de Esperanza, Fuerza, Empoderamiento, Resiliencia y más con nosotros a medida que nos descubrimos a nosotros mismos a través de la reflexión.  Peer-led group presented in Spanish. We invite you to explore stories of Hope, Strength, Empowerment, Resilience and more with us as we discover ourselves through reflection.</i></p>
3:00 pm – 4:00 pm PST	<p><b>Healing Through Music</b> led by Amrot "Amy" Dejene  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 856 5125 6639  <i>Join us weekly for an hour of self-care and musical fun as we explore different themes and connect through our favorite music!</i></p>
4:00 pm – 5:00 pm PST	<p><b>Heal Your Heart (Grief &amp; Loss)</b>  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 816 2492 0407  <i>A peer based support group aimed at exploring varying coping methods when overcoming grief, loss and bereavement.</i></p>
<b>WEDNESDAYS</b>	
9:00 am – 10:00 am PST	<p><b>Checkin' In With M</b> led by Miriam James  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 833 2546 1991  <i>Join us Wednesday mornings for an empowering jumpstart to your day! We welcome all individuals in recovery who are seeking support in their journeys.</i></p>

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11:00 am – 12:00 pm PST	<p><b>Club Our Way</b> led by Ursula Sims  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 847 8004 3322  <i>A peer support group for individuals who like to have fun THEIR way. Members suggest and vote on outings, activities and discussions. Each week we embark on virtual tours of our favorite museums, explore figures through history and more.</i></p>
1:00 pm – 2:00 pm PST	<p><b>United &amp; Living with Bipolar</b> led by Christian Castro  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 893 4935 7010  <i>Join us in a safe, welcoming environment as we come together to talk about our experiences living with Bipolar Disorder and more!</i></p>
3:00 pm – 4:30 pm PST	<p><b>Tattered Flower: A Sexual Abuse Recovery Group</b> led by Shina Webb  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 849 5920 4423  <i>Join us for an opportunity to have a safe, open and inviting discussion about methods to promoting wellness, recovery and reintegration into community.</i></p>
6:00 pm – 7:30 pm PST	<p><b>Road to Recovery</b> led by Jennifer Campos  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 839 6941 4185  <i>Join us for recovery-oriented conversations, guided meditations, member suggested activities and more! We are looking for individuals seeking support to join our Road to Recovery</i></p>
6:00 pm – 7:00 pm PST <i>Resuming 08/18</i>	<p><b>We Who Empower &amp; Support</b> led by Annie Leatherwood Parks (<b>Resuming 08/18</b>)  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 891 1670 6674  <i>This group is Peer Support 4 Peer Supporters. Ever wish you can connect with others who are serving? Looking for tips on self-care or to get feedback from others in the field? Or just looking for a safe space to unpack? This is a safe space for those serving in the community at all capacities. You are invited to INCITE your power. Join us to receive and share empowerment tools/resources to replenish your toolbelt as well as maximize the effectiveness and efficiency of your service.</i></p>
<b>THURSDAYS</b>	
1:00 pm – 2:00 pm PST	<p><b>Espiritualidad/Spirituality (En Espanol/Presented in Spanish)</b>  <a href="#">Haga clic aquí para unirse al grupo/Click here to Join</a> Meeting ID: 851 4101 8677  <i>Se conversara de diferentes temas para conocerte a ti mismo y ver que tu vida tiene sentido! Te esperamos!!</i></p>
1:00 pm – 2:00 pm PST	<p><b>Empowerment &amp; Current Events Group</b> led by Edward Greene  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 849 1418 6938  <i>In this group we engage in empowering discussions, check in and stay informed about current events.</i></p>
4:00 pm – 5:00 pm PST	<p><b>*New Peer Support Group! (Name TBD by group)</b> Led by Jess Diaz  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 813 8730 9561</p>

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<p><u>FRIDAYS</u>  12:00 pm – 1:00 pm PST</p> <p>1:00 pm – 2:15 pm PST</p> <p>1:00 pm – 2:00 pm PST</p> <p>2:00 pm – 3:30 pm PST</p> <p>3:00 pm – 4:00 pm PST</p> <p><u>SATURDAYS</u>  1:30 pm – 2:30 pm PST</p>	<p><i>This is a safe open meeting to check-in and process with other peers in recovery. We welcome all individuals in recovery to join us for healing conversations and support.</i></p> <p><b>Walking with Friends</b>  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 814 0166 2072  <i>A mental health based recovery group aimed at strengthening coping skills through connections and discussion.</i></p> <p><b>Morenx (Writing Group)</b>  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 867 8061 6057  <i>Do you identify as sogie? This is a writing group for anyone who wants to use their creative writing in healing.</i></p> <p><b>Mental Health Wellness Group</b> led by Christian Castro  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 895 3399 5721  <i>Join us for a support group focused on wellness and coping skills.</i></p> <p><b>The Power of Self-Care</b>  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 869 6977 9312</p> <p><b>Friends of the Manor</b> led by Grant Lupher  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 815 4475 2268  <i>Join us for a support group focused on engaging on conversations about wellness and coping strategies !</i></p> <p><b>Mindful Wellness &amp; Recovery</b> led by Jennifer Campos  <a href="#">Click here to Join Zoom Meeting</a> Meeting ID: 869 1589 0710  <i>Each Saturday you can connect with us for recovery-oriented conversations and FUN.</i></p>
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