



FREE ZOOM INTERNET GROUP COUNSELING SESSIONS



JFS is offering FREE internet group sessions via Zoom Conference Calls to discuss the impacts of COVID-19 on our behavioral and mental health well-being Monday through Friday. These sessions are designed to provide a safe and supportive virtual environment for participants to connect, learn, comfort, support, and socialize with each other to promote our psychological health during this stressful time amidst the Covid-19 epidemic. All groups are being facilitated through a HIPAA compliant Zoom system. **Please note that if you are reading this via a print copy, you can find live links at www.jfshouston.org.**

PARENTS GROUP

12-1 p.m.

<https://zoom.us/j/616635609>

Meeting ID: 616 635 609

One Touch Mobile:

+13462487799,,616 635 609#

ADULT GROUP

1-2 p.m.

<https://zoom.us/j/511116073>

Meeting ID: 511 116 073

One Touch Mobile:

+13462487799,,511 116 073#

ADOLESCENT GROUP

2-3 p.m.

<https://zoom.us/j/425824812>

Meeting ID: 425 824 812

One Touch Mobile:

+13462487799,,425 824 812#

To use Zoom:

- Click on the internet link provided on the session you are interested in.
- Allow your computer to open "zoom.us". The meeting should auto load; however, you may need to download their software the first time you participate.
- Choose to use the audio on your computer/ smartphone or you can call in using 346-248-7799. The system will prompt you for the "Meeting ID" which is listed for each meeting and then hit #.

If you have any problems with access using zoom, please consider just joining the call by using the phone number provided in the instructions above. If you have a therapist on staff, you can send them a message and ask if they can provide you guidance to use Zoom.

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