

Zoom Phone & Video Conferencing

Welcome!

Zoom phone and video conferencing provides a way for members of the San Diego Central County Parkinson's Support Group to participate in activities like our chapters' monthly support group sessions, Speakers' Series and Board meetings.

To participate in any of the above activities via Zoom, one must be invited by the online conference host. Usually this will be the chapter's support group leader. The host will provide you with both a phone number, should you wish to call in, as well as a link to join the event online via your phone, laptop or computer.

Before you can access the link to a Zoom event, you will need to create a Zoom account, download the software and install the program. The Zoom account is free and the installation of the software straightforward. Please note that the free account will allow you to "join" a meeting of any length, as well as to "host" one, but for no more than 40 minutes. Our SDCCPSG website, <https://www.sdccpsg.org/> has a link to Zoom on the first page, or you may go to <https://zoom.us/> and click on the blue "Sign up for Free" button on the left-hand side of the page.

If you have questions, you may go to <https://support.zoom.us/hc/en-us> and browse the various help options and videos there. Part of the way down the page you will see a series of one-minute instructional videos, you might click on the "Join a Meeting" video to get a better idea of what you will see as you set up your computer to join your first online conference. It is recommended you set up your free Zoom account before the day of the meeting you wish to attend so as not to miss any part of the meeting due to "technical difficulties". In addition, Board member and retired educator, Patsy Manning, is available to help you, if you would like one-on-one support. For assistance, please contact her at: patsymm@gmail.com.