

ZOOM WITH RCHC

A MEMBER'S GUIDE TO ZOOM

What is Zoom? Originally intended as a video conferencing platform for the workplace, during this time of social distancing Zoom has adapted and is in use by families and friends all over the world. This tool allows for video and audio conferencing, collaboration, and chat, across both desktops and mobile devices.

How to Use Zoom: Zoom is a very user-friendly platform. They have made easy to understand “how-to” videos on their YouTube channel, or follow the instructions below:

- **Calling-in via phone:** Dial the number below the class you'd like to join and follow the prompt, you will need the meeting ID to join over the phone. This will be like a conference call.
- **Joining by App:** Download the Zoom App to prepare for these classes. Zoom should open automatically after the link on our website recoverycenterhc.org is clicked with the specific class you chose, or you can open up the app and enter the Meeting ID # listed on the next page. This will be a group meeting with audio and video but you are not required to use either. If you choose not to use audio or video please let us know in the chatbox of the Zoom meeting so we know you're actively participating.

A few things to note:

- A Zoom account is **not required** to join Zoom Meetings as a participant. To join one of our meetings, you can join as a participant without creating an account.
- A Zoom account **is required** only to create your own meetings and send invitations to participants. An account also allows you to access your personal settings, where you can update your profile, name, and picture at any time.

Why “Zoom”? During this unprecedented time, it's more important than ever that we be able to connect. Zoom allows us to continue our support groups and classes virtually!

Privacy Settings: *Please rest assured that RCHC has put all the necessary precautions in place, and our facilitators will be carefully monitoring our “zoom rooms” while meetings are in session.*

If you have any questions, concerns, or suggestions, please contact us at 513-241-1411 or send us an email: info@recoverycenterhc.org