Enter your birthday
Enter your email address

Follow the instructions
We sent an email to vaughn.bernard@gmail.com. Click the confirmation link in that email to begin using Zoom.

If you did not receive the email,

http://example.com
Welcome to Zoom

It's easy to create your account. Your account has been successfully created. Please fill in your name and create a password to continue.

First Name


Password must:

- Have at least 8 characters.
- Have at least 1 letter (a-z, A-Z)
- Have at least 1 number (0-9)
- Include both Upper case and Lower case characters
- Password must not:

- Contain only numbers (112345678)
- Contain only consonants (ABCDEF) or only vowels.

Confirm Password

By signing up, I agree to the Privacy Policy and Terms of Service.

Create password
Welcome to Zoom

Hi, I'm [Your Name]. Your account has been successfully created. Please set your name and create a password below.

- **Name:** [Your Name]
- **Email:** [Your Email]
- **Password:** [Create a password]
- **Confirm Password:** [Confirm the password]

- **Password must:**
  - Be at least 8 characters
  - Have at least 1 uppercase
  - Have at least 1 lowercase
  - Have at least 1 number
  - Include at least 1 special character

By signing up, you agree to the Privacy Policy and Terms of Service.

Continue

Don't Zoom Alone.

Invite your colleagues to create their own free Zoom accounts.

- [Name1]@gmail.com
- [Name2]@gmail.com
- [Name3]@gmail.com
- [Name4]@gmail.com

Add another email?
- [Yes]
- [No]

Skip this step

Password saved?
- [Yes]
- [No]

Password will expire in 90 days. You can change it on any device.
Start your test meeting.

Your personal meeting URL:
https://us02web.zoom.us/j/976943467

Password: Z5m97W4e1sS8nHAw2DBGil4nZ2G9

Go to My Account

Save time by scheduling your meetings directly from your calendar.

Microsoft Outlook Plugin

Zoom Extension Download

Vaughn vaughn.ferrum@gmail.com

Personal Meeting ID: 976943467

User: vaughn.ferrum

Sign-in Email: vaughn.ferrum@gmail.com

User Type: Basic

Password: Z5m97W4e1sS8nHAw2DBGil4nZ2G9

Time Zone: GMT-05:00 Eastern Time (US & Canada)

Data Format: mm/dd/yyyy

Start Time: 06/03/2023

Zoom Features: View Calendar and Contacts

We support Zoom with 3rd party services or apps, such as Google Outlook or Exchange, to open the calendar and contacts.
Zoom is available on Mobile and Tablets.

Download in
App Store
Download in
Google Play

We're now downloading Zoom ...

Your download should automatically start within seconds.
If it doesn't, run the downloaded file.

Zoom is available on Mobile and Tablets.
Sign in with email + password you just setup.
ON OUR OWN OF CHARLOTTESVILLE
Recovery is Possible

Changes related to COVID-19
As of March 19th, the On Our Own House is temporarily closed while we learn how to safely manage the coronavirus. We are being cautious to protect members with health issues.

Update: April 11, 2020
The building is closed but On Our Own is still operating. Staff are working from home and we use an online app to support each other, and the house is closed. We will open the house when meeting is safely possible and you know others are safe. Let us know if we can help you in any way. You can find more information about COVID-19 safety by the CDC: How to Protect Yourself.

Welcome to On Our Own!
On Our Own has wrapped up our meetings for now to maintain safety. \*Read \* Meeting changes in orange! \* See \* the schedule.
- Daily phone calls to members for check-in, updates, and support.
- Check-in from staff.
- Phone support by phone.
- Contact us if you would like updates by text message or email.

ON OUR OWN OF CHARLOTTESVILLE
Recovery is Possible

Calendar
Events for the Corona virus. Events will be held online through Zoom until further notice. **SAA Meeting

Support On Our Own by choosing us as your Amazon Smile business.
The De Quan House is temporarily closed. We care about you and our staff’s health. Therefore, we are being cautious to protect all of our community. Although the building may be closed, De Quan House is still operating. Staff are working from home and we are implementing ways to remain on line and by phone.

The following groups are now available by Zoom online and by phone. They will be offered as social distancing remains in effect.

**Monday 1:00-2:30 PM**

**Anger Management**

Courses on coping skills and tools to help manage anger and impulsive behavior. This is a group meeting available to all.

Join the virtual Zoom meeting every week, online at

[https://zoom.us/j/9726646490](https://zoom.us/j/9726646490)

Meeting ID: 972 664 6490

**If you need proof of attendance, please send to the facilitator of your choice for credit for the class or any other concerns you may have.**

**Monday 3:30-4:30 PM**

**Peer Support**

We offer a daily peer support group to provide mutual support for each other. This meeting is open to the community.

[Join the meeting](https://zoom.us/j/9726646490) (Contact required prior to joining)

Click on meeting link to join.
How to raise your hand in Zoom

During a meeting, click on the icon labeled "Participants" at the bottom center of your PC or Mac screen.

At the bottom of the window on the right side of the screen, click the button labeled "Raise Hand."

Click "Raise Hand" if you want to say something in the meeting. Zoom

Your digital hand is now raised. Lower it by clicking the same button, now labeled "Lower Hand."