



Youth and Young Adult Virtual S.M.A.R.T. Recovery

When: Tuesdays 12:00pm – 1:00pm

Where*: Zoom - <https://zoom.us/j/91757962953>

Meeting ID: 91757962953

Who: Ages 17-25, open to public

What: Recovery training and CBT skill-sharing groups to help you meet your personal recovery goals.

*Meetings will take place via the *Zoom* online platform. All meetings will begin with participants' audio and video off, which can be adjusted upon entering the meeting.

If using a computer, you can access the meeting in two ways:

1. Enter the above URL into your browser and click "download & run Zoom" to download the application to your computer. From there you can open the app, click "Join" and enter the Meeting ID (above). You have the opportunity here to choose a display name if you'd like to keep your real name private.
2. Enter the above URL into your browser and click "If you cannot download or run the application, join from your browser". You will be brought to another page where you can change your display name and click "Join" to join through your internet browser.

If using a smartphone or tablet, you can access the meeting by downloading the free "Zoom Cloud Meetings" app, opening the app and then tapping "join". Here you can enter the Meeting ID (above) and have the opportunity to choose your display name.

Note: meetings will be locked after 12:15pm and will not be accessible after that time to reduce disruption to the flow of the meeting. Rules and guidelines will be discussed at the beginning of each meeting; behaviour that is unsuitable for meetings will be addressed accordingly and could result in being removed from the Zoom meeting.