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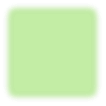
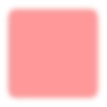
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**To Join one of the meetings see the log in details on page 2 below. Either CLICK on the link, go to Zoom on the internet** [**https://zoom.us/**](https://zoom.us/) **and enter the meeting ID and Passcode or use the instructions to dial in on the phone**

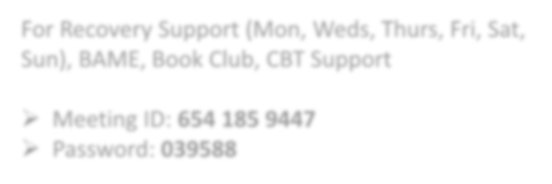
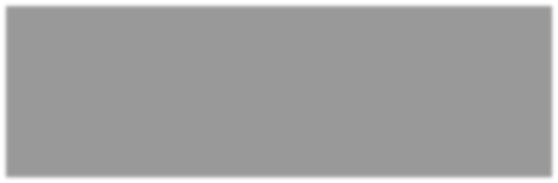
# Online Support



**Want to access by telephone?**



**Enter the details on ZOOM that are related to your group:**



For Recovery Support (Mon, Weds, Thurs, Fri, Sat,

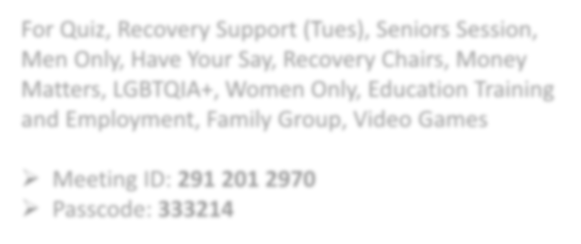
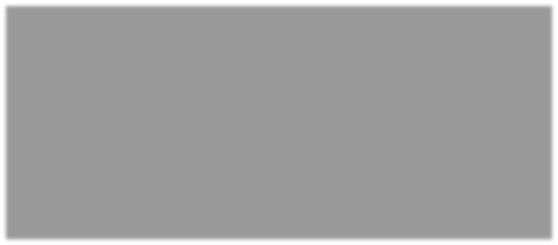
Sun), BAME, Book Club, CBT Support [CLICK HERE](https://us02web.zoom.us/j/6541859447?pwd=Tm5nU3BKWWlVMlJPbm8vYW16U2JmQT09)

Meeting ID:

**654 185 9447**

Password:

**039588**



For Quiz, Recovery Support (Tues), Seniors Session,

Men Only, Have Your Say, Recovery Chairs, Money

Matters,

LGBTQIA+,

Women Only, Education Training

and Employment, Family Group, Video Games [CLICK HERE](https://us02web.zoom.us/j/2912012970?pwd=aXl0ZFZWU1BMRk9SMDVJUEhZNzZ5QT09)

Meeting ID:

**291 201 2970**

Passcode:

**333214**

1. Call one of the 4 numbers:

+44 203 051 2874 UK

+44 203 481 5237 UK

+44 203 481 5240 UK +44 131 460 1196 UK

1. You’ll be asked to enter the **Meeting ID and to press #**
2. You’ll be asked to enter a participant ID or press # to continue. Just **press #** or wait 3 seconds and you’ll be asked for the meeting password
3. You’ll be asked to enter the meeting **password and to press #**

*To be added or removed from the mailing list please email bob@buildonbelief.org.uk*