

# THE OCD FOUNDATION OF MICHIGAN

## ZOOM Online Support Groups

Think "Physical Distancing," not "Social Distancing".  
We can still get together to help each other.

The following support groups are available online on the Zoom teleconferencing platform. The "Name" given refers to the physical location of each group when meeting live so you know which group you usually attend (and so which people are likely to be there). However, ANYONE can attend ANY online group regardless of which group you might normally attend, whether or not you have ever attended a group, whether or not you are a member of The OCD Foundation of Michigan, whether or not you live in the State of Michigan. Let's use this opportunity to get to meet and support new people.

### Steps to join any meeting:

1. Please call, text, or e-mail the group contact in advance of the meeting as a courtesy. BUT, if you don't, you are still welcome to attend as a "walk-in."
2. Click on the blue "Zoom link" for the meeting you wish to attend (or copy and paste it into your web browser) and it will take you to the Zoom platform and meeting page.
3. At the Zoom site, follow the prompts that it gives you. You might be asked to download the desktop app, and you should go ahead and do that. The Zoom platform is FREE and does NOT require you to register a personal ID in order to attend any meeting.
4. A box will open asking if you want to join with your computer audio...Yes, you want to!! Click on that. Once you are in the meeting, you can activate your video feed if you wish.

1st Sunday 1-3 PM "Farmington Hills BFRB" Contact Bobbie at (734) 652-8907, [RSlade9627@aol.com](mailto:RSlade9627@aol.com)  
Meeting ID 814-312-406, Zoom link <https://us04web.zoom.us/j/814312406>

1st Wednesday 7-9 PM "Royal Oak OCD" Contact Kevin at (248) 302-9569, [kevinkuhn2015@gmail.com](mailto:kevinkuhn2015@gmail.com)  
Meeting ID 850-481-308, Zoom link <https://us04web.zoom.us/j/850481308>

1st Thursday 7-9 PM "Ann Arbor OCD" Contact Bobbie at (734) 652-8907, [OCDmich@aol.com](mailto:OCDmich@aol.com)  
Meeting ID 456-168-051, Zoom link <https://us04web.zoom.us/j/456168051>

2nd Thursday 7-9 PM "Dearborn OCD" Contact Bobbie at (734) 652-8907, [OCDmich@aol.com](mailto:OCDmich@aol.com)  
Meeting ID 916-100-922, Zoom link <https://us04web.zoom.us/j/916100922>

3rd Sunday 1-3 PM "Farmington Hills BFRB" Contact Bobbie at (734) 652-8907, [RSlade9627@aol.com](mailto:RSlade9627@aol.com)  
Meeting ID 969-278-689, Zoom link <https://us04web.zoom.us/j/969278689>

3rd Wednesday 7-9 PM "Royal Oak OCD" Contact Kevin at (248) 302-9569, [kevinkuhn2015@gmail.com](mailto:kevinkuhn2015@gmail.com)  
Meeting ID 678-131-219, Zoom link <https://us04web.zoom.us/j/678131219>