



**Access Leisure: Virtual Zoom Sessions**  
**Parent and Care Provider Champion Group**  
**OCTOBER 2020**

**Purpose:** While we all navigate these challenging times; Access Leisure staff would like to provide time for parents, family members and care providers of Access Leisure participants to come together to discuss topics as needed. These sessions are meant to be an open discussion and a time to discuss any challenges you are having as well as a time for us to assist you in finding the resources you and your family may need to continue to be healthy at home.

**This month we will be reviewing boundaries.** The session will have time for open discussion, questions and collective brainstorming to work on challenges and to share resources.

Future topics may include at-home leisure activities, mental health needs, quality of life, discussion of additional local resources, and more. Your needs will steer the conversation. Depending on interest, we may seek out guest speakers who can further assist us with topics that affect us all. We hope you find this time to be useful and fulfilling. In the future, this will be a great framework to build from as we develop in-person community support groups which go beyond the current Covid-19 situation.

**Note:** these sessions are truly meant for families, parents, and care providers. Please avoid bringing your children or participants into these sessions if possible. We are hopeful that this will be a “safe space” of expression. Conversations will not be recorded and will remain confidential amongst those in attendance. Thank you for your understanding and participation.

Program	Date & Time	Zoom	Important Program Details
<b>Parent and Care Provider Champion Group: Boundaries</b>	Tuesday, October 13 <sup>th</sup> 6:00pm – 7:00pm	<a href="https://cityofsacramento.org.zoom.us/j/92370703685">https://cityofsacramento.org.zoom.us/j/92370703685</a>  Phone: (669) 900-6833  Meeting ID: 92370703685	Free! Use the Zoom link to the left to log in at 6:00pm. We will take a few minutes to make sure everyone has logged on. Then we will have introductions as needed and start our conversation. Thank you for attending!

**We look forward to seeing you all via Zoom! Please see Zoom information on the following page. No registration required. Email us if you have questions or concerns.**

**Be sure to check out the Access Leisure YouTube and Facebook links on the next page. Follow our pages to see activity suggestions and fun and inspirational videos created by staff and volunteers.**

*Meeting end times are approximate and subject to change based on participation.*

**Zoom Information:**

We hope to be able to continue these parent/ care provider meetings in person in the future. In the meantime, we hope that you find these online gatherings to be useful.

What you will need: internet connection + a Zoom account + a smart phone, laptop, tablet, or a desktop computer.

**\*\*If you do not want to create a Zoom account or do not have access to internet and a device, you can still join these activities by phone.\*\***

To create a Zoom account, go to this link: <https://zoom.us/>

- In the top right-hand corner of the screen, click "Sign Up for Free." Follow the prompts, and you will be all set!
- Find the sessions on these pages that you are interested in. Enter the meeting link into your device, and you will be ready to go! 😊 Depending on how you log in, you may also need the meeting ID (provided in the Zoom Link columns on this page and on the previous page).
- Zoom sessions will start on time. We will have casual "hang out" time for the first 3-5 minutes of each session to be sure everyone has logged in.

**\*\*No pre-registration or registration required for these sessions. Log into your Zoom account utilizing the links provided. We'll see you there!\*\***

Program and Date	Zoom Link/ Meeting ID	Zoom Phone Number
October 13 <sup>th</sup> Meeting, 6:00pm	<a href="https://cityofsacramento-org.zoom.us/j/92370703685">https://cityofsacramento-org.zoom.us/j/92370703685</a> Meeting ID: 92370703685	Number: 1 (669) 900-6833 Meeting ID: 92370703685

**Having trouble getting Zoom on your laptop, phone, or home computer and still want to participate? You can also choose to call in to each session by utilizing the phone number provided for each activity in the table above.**

**If you would like additional assistance setting up your Zoom account, you may email Heather at [heverett@cityofsacramento.org](mailto:heverett@cityofsacramento.org).**

**[Access Leisure YouTube & Facebook](#)**

Looking for more activities and videos to enjoy at home? Access Leisure posts activity suggestions and videos on YouTube and on Facebook. Be sure to follow our pages!

YouTube: <https://bit.ly/AccessLeisureHome>

Facebook: <https://www.facebook.com/accessleisure>