



# Al-Anon Family Groups

## Help and hope for families and friends of alcoholics

### SUGGESTED GUIDELINES FOR ZOOM MEETINGS

This is an Al-Anon Zoom meeting, may we continue to uphold our 36 principles as we use this new technology to share our message of experience, strength, and hope.

- To create a safe space for all who attend the meeting, we request that you visually or verbally identify yourself at the beginning of the meeting. Alternatively, you could send a note to the host. Those who will not identify themselves may be removed from the meeting.
- Please refrain from speaking on cell phones during meetings, the same as in a face-to-face meeting.
- To respect the anonymity of all present at this meeting, please ensure that you are in a quiet space so that no one hears or sees the meeting. Make use of headphones if you are not in a quiet space.
- We recommend that you sign in with your first name only to protect your anonymity.
- Kindly mute your device when not speaking to avoid any disruptive background noise.
- Please be mindful of the time and the number of members participating when sharing or commenting.
- Should you wish to comment or share, please click on “Participants”, and then click the “Raise Hand” at the bottom of the screen. The host will be notified that you have raised your hand.
- Please note that no recording of ordinary group meetings is allowed.

#### AL-ANON FAMILY GROUPS CAPE AREA

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