

SUGGESTED GUIDELINES FOR ZOOM MEETINGS

- In order 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.
- 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.
- 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've raised your hand.
- Please note that no recording of ordinary group meetings is allowed.
- In order to create a safe space for all who attend the meeting, we request that you visually or verbally identify yourself. Alternatively you could send a note to the host. Those who won't identify themselves may be removed from the meeting.