

Al-Anon Cortlandt Zoom 1:00 pm

The Cortlandt Thursday Afternoon Al-Anon meeting will be held online beginning April 2, 2020 and for the duration of Covid 19 restrictions

The line will be open from 12:45PM, so you can sign in before the start of the meeting – it is especially a good idea to sign in early, if you have never done this before and need to download the app.

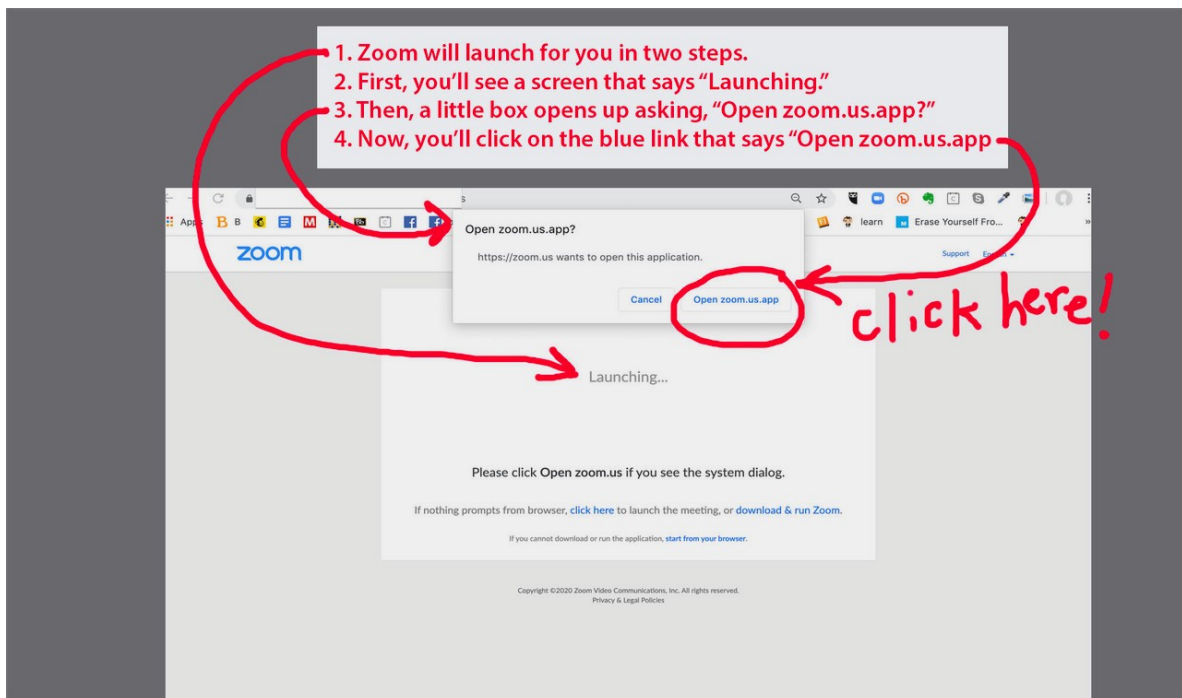
Meeting Name: **Al-Anon Cortlandt Zoom 1:00 pm**

Zoom meeting link: <https://us04web.zoom.us/j/2776768468>

Meeting ID: **277 676 8468**

Dial-in number for audio-only: **646-558-8656**. (When prompted, enter the meeting ID.)

1. To join the meeting via computer, smart phone or tablet, click on the following Zoom meeting link: <https://us04web.zoom.us/j/2776768468>.
2. If you are a first-time Zoom user, you will need to download the app. You do not need to create a Zoom account to join the meeting. When you join the meeting, you will be asked to enter your name. Your name is visible to everyone participating by video, so for purposes of anonymity, type only your first name and, if you wish, the first initial of your last name.



3. You can also dial into the meeting from a regular phone and participate by audio. In this case, use the following dial-in number: **646-558-8656**. When prompted, enter the meeting ID: **277 676 8468**. Once you are signed in, your phone number will display on screen. As soon as that happens, to protect your anonymity, I will delete all but the last two digits of your phone number.