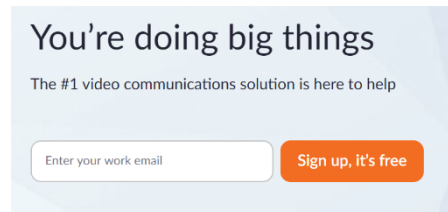


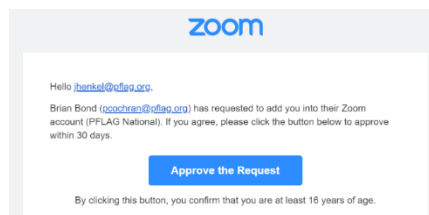


PFLAG Virtual Support Group Meetings: Creating Your Zoom Account

1. Visit the Zoom website at zoom.us and create a free account, preferably using your PFLAG chapter email address.



2. Complete this [simple Google Form](#) to request an upgraded Zoom account from PFLAG National.
3. Wait patiently (for up to 24 hours) while the PFLAG National team reviews your request.
4. Use your time wisely! This is a great time to start reviewing educational resources including Zoom tutorials, best practices, and sample meeting assets available at pflag.org/pflag-connects-educational-materials while you wait.
5. Upon approval, you will receive a confirmation email from Zoom with the subject line "Zoom Account Activation." Click the "Approve the Request" button. **This must be completed within 30 days of receipt.**



6. After you approve the request, log into Zoom using the credentials (email and password) you used to create your account in step one.
7. Begin scheduling your meetings! Check out this Zoom tutorial on [Scheduling Meetings](#) to get started.