

## Best Practices When Participating in Virtual Groups

- ¾ Arrive 5 -10 minutes early. An early arrival time ensures that the group is able to start on time, and gives you time to troubleshoot if technical issues arise.
- ¾ Be stationary and do not drive during the group therapy meeting. If you will be joining the meeting from your car, you will need to pull off the road and park to participate, or re-