

Healing and Sustained Wellness Group (previously:TRANSITION GROUP)- Resources for self care, support and inspiration shared in group: *

* Resources shared are not necessarily confirmed/endorsed by LaCheim

Crisis Support

Peer-support warm line: call or text

<https://www.mentalhealthsf.org/peer-run-warmline/>

Call or text 988

La Cheim Aftercare groups (For La Cheim graduates only)

Aftercare Support Group Tue. 3:30pm.

Check with us periodically, as other groups may be offered.

Open Source Wellness (a wellness community, currently also online)

<https://www.opensourcewellness.org/virtual>

Peer Support:

<https://heypeers.com/>

<https://www.peersnet.org/>

Putnam Clubhouse (for Contra Costa County residents)

<https://www.putnamclubhouse.org/>

Berkeley Wellness Center formerly Creative Wellness Center (for Alameda County residents)

<https://bonitahouse.org/berkeley-wellness-center/>

[HeyPeers - Where Peers and Support Groups Connect -](#)

Grief-related support groups:

<https://forums.grieving.com/>

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/grief-support/phone-in-grief-support-groups/>

https://namiccns.org/event/grief-and-loss-support-group/?event_date=2020-08-15

<https://healgrief.org/>

<https://www.compassionatefriends.org/>

<https://kara-grief.org/>

Pet-Loss grief support:

<https://www.petloss.com/>

<https://www.aplb.org/>

<https://resources.bestfriends.org/article/pet-loss-and-grief-resources>

Finding a Therapist (Portals where you can usually specify search criteria)

<https://www.betterhelp.com/>

www.growththerapy.com

www.twochairs.com

www.helloalma.com

Therapists with specialty in OCD: <https://iocdf.org/find-help/>

See below for therapy resources for specialized populations/issues.

BIPOC (Black, Indigenous, and People of Color) **sensitive therapy resources:**

<https://www.beam.community/>

<https://www.inclusivetherapists.com/>

<https://www.dbsasf.org/supportgroups>

LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Questioning/ Queer, Intersex, Asexual, pansexual/ other non-heterosexual) **and QTBIPOC** (Queer and Transgender Black, Indigenous, and People of Color) **sensitive therapy and support groups and services:**

<https://www.pacificcenter.org/>

<https://www.oaklandlgbtqcenter.org/support-groups-1>

<https://www.queerlivespace.org/group-therapy>

<https://www.lgbtqpsychotherapistsofcolor.com/>

<https://www.therapyden.com/therapists/us/ca/oakland/lgbtq-issues>

<https://www.thetrevorproject.org/> - For young LGBT Q people (ages 13-24)

<https://translifeline.org/>

<https://www.dbsasf.org/supportgroups>

<https://www.neuroqueer.org/>

Donation-based acupuncture for LGBTQIA2S+-identified folk: <https://www.saranaca.org/our-services/lgbtqia2s-donation-based-acupuncture/>

Children and Young Adults - Outpatient Therapy and IOP

<https://www.baca.org> – Children, Teens, and Young Adults (8-26)

Netflix's Hub for Mental Health and Crisis Resources

<https://www.wannatalkaboutit.com/>

WRAP (Wellness Recovery Action Plan):

WRAP's official website: <https://mentalhealthrecovery.com/wrap-is/>

The free WRAP app: Check out your Android or Apple app store

Online WRAP meetings (PEERS):

wrap@peersnet.org

<https://peersnet.org/calendar/>

https://docs.google.com/forms/d/e/1FAIpQLSdFr5lndR7ehp9b3ZArumxnx7YUujQCyNX9Gnn_Jca0v3KkcQ/viewform

WRAP workbook:

http://www.namirockland.org/uploads/3/4/0/3/34038357/blank_wrap_forms_with_mc_permission.pdf

About WRAP: <https://youtu.be/rdPRq8rHOsc>

Self Defense/ Violence Prevention & Post-trauma Empowerment

Please read the About Us first to ensure this class is for you.

<https://www.impactbayarea.org>

ADHD Support Groups:

<https://add.org/adda-virtual-programs/>

<https://adhdactually.com/>

OCD Support Groups:

International OCD Foundation: <https://iocdf.org/ocd-finding-help/supportgroups/>

NOCD (treatment and support groups): <https://www.treatmyocd.com/>

Dealing with Suicidality:

Befrienders: <https://www.befrienders.org/need-to-talk>

Online Chat: https://www.suicidestop.com/suicide_prevention_chat_online.html

SAVE: <https://save.org/find-help/attempt-survivor-resources/>

Peer-run Warm Line: call or text 855-845-7415 or go online:

<https://www.mentalhealthsf.org/peer-run-warmline/>

Crisis Support: <https://www.crisissupport.org/programs/support-groups/>

Crisis Text (and chat) line 741741:

Text HOME to 741741 or chat at <https://www.crisistextline.org/>

The Trevor Project (for young LGBTQ people): <https://www.thetrevorproject.org/>

Suicide and Crisis lifeline: call or text **988** or go online for chat: <https://988lifeline.org>

Live Through This: <https://livethroughthis.org/>

Suicide Anonymous online meetings: <https://suicideanonymous.net/meeting-list>

Alternatives to Suicide Support Group:

(Monday 4:00 p.m. – 5:30 p.m.)

Zoom Meeting: <https://advocates-telehealth.zoom.us/j/5155063104>

Meeting ID: 515 506 3104

Facilitators:

David Baldini (508) 380-9281/ DBaldini@Advocates.org

Patrick Conway (774) 423-4852/ PConway@Advocates.org

Suicide Loss / Bereavement Support

Groups:

San Francisco Village: www.sfvillage.org/grief-program

Crisis Support Services of Alameda County: <https://www.crisissupport.org>

Suicide loss support group (not limited to Alameda County residents)

Contact Mimi to be screened: 800-260-0094.

Sutter Santa Rosa: Call Stacy Carr for details at 707-535-5780.

Mission Hospice and Home Care <https://www.missionhospice.org/services/bereavement-support>

Virtual drop-in support group for suicide loss

Cost: free to residents of the San Francisco Peninsula and South Bay Email Christine Kovach at ckovach@missionhospice.org to find out when the next group starts.

San Francisco Suicide Prevention <https://www.sfsuicide.org/grief-support/>

To find out when the next group starts, email sfsuicide@felton.org or leave a voicemail for a call-back at (415) 984-1900.

Coping After Suicide <https://www.copingaftersuicide.com/support-groups>

Cost: \$435 for new members. Check the schedule on the website and email the facilitator of the group you're interested in to set up a time to talk.

KARA <https://kara-grief.org/services/peer-support/>

Cost: suggested donation

KARA is a Palo Alto-based group that sometimes runs 12-week groups for adults who have experienced suicide loss. The groups have been offered in in-person and online formats. Contact Angelica for more information at 650-321-5272.

BAY AREA CHAPTER: <https://afsp.org/chapter/greater-san-francisco-bay-area>

Suicide loss support <https://sprc.org/tools/resources-survivors-suicide-loss/>

Resources/Literature:

“5 Things Suicide Loss Survivors Should Know — from Someone Who’s Attempted”
<https://www.healthline.com/health/mental-health/losing-someone-to-suicide#5.-Its-not-your-fault>

American Foundation for Suicide Prevention (AFSP) · <https://afsp.org/ive-lost-someone/> · <https://www.datocms-assets.com/12810/1591817799-13793afspsupportforsurvivorsofsuicidelosflyerm1v3.pdf>

Susan Futterman, LMFT: <https://www.psychologytoday.com/us/groups/suicide-bereavement-group-oakland-ca/121488>

Self-injury Recovery Support:

<https://www.thesira.org/>

To Write Love on Her Arms: <https://twloha.com/>

BPD Support:

<https://emotionsmatterbpd.org/peer-support-groups-information>

Asperger/ Autism Network (resources, support groups):

<https://www.aane.org/resources/adults/>

<https://www.aane.org/resources/adults/support-groups/#online-groups>

<https://www.neuroqueer.org/>

queer

Sexual Abuse Support Groups:

<https://www.bayareamh.com/sexual-abuse-support-groups>

Adult Survivors of Sexual Abuse Support Groups:

<http://www.ascasupport.org/>

Hearing Voices Network

<http://www.hearingvoicesusa.org/links>

<http://www.bayareahearingvoices.org/>

Hearing Voices and other unusual experiences

1. Every Thursday 3:00 p.m. – 4:30 p.m.

Facilitators: David Baldini

Patrick Conway

Phone/Email: 508-380-9281/ DBaldini@Advocates.org 774-423-4852/ PConway@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/5155063104>

Meeting ID: 515 506 3104

2. **PEERS Network** Special Messages Group:

<https://peersnet.org/programs/special-messages/>

3. Interview w/Tim Dreby re: messages, voices, etc:

<https://www.youtube.com/watch?v=6FyMe3HmQcg>

Seniors:

Friendship Line- Phone support for seniors

<https://www.ioaging.org/friendship-line-california>

More resources around trauma and dissociation:

<https://www.aninfinitemind.org/resources>

Support following brain injury:

<https://www.biausa.org/public-affairs/media/virtual-support-groups>

A video about pacing and planning: <https://www.youtube.com/watch?v=X-rhYVl7rpI>

Peer Support and Hubs for Support Groups:

PEERS: <https://www.peersnet.org/>

Support Group Central: <https://www.supportgroupscentral.com/index.cfm#anc2>

(1:1 Coaching, Addiction, BIPOC, BPD, Cancer, Caregivers, Chronic Illnesses, Covid-19, Intellectual/development disability, LGBTIQA+, Mood, PTSD, Life Skills, Spirituality, Weight Management, Young Adults...)

Other online support groups:

<https://www.psychologytoday.com/us/groups>

<https://www.goodhousekeeping.com/health/wellness/a32585689/online-support-groups/>

<https://www.dbsasf.org/supportgroups>

Daily Strength: <https://www.dailystrength.org>

Mental Health Association of San Francisco: <https://www.mentalhealthsf.org/>

“The Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support (phone and webchat) Re: interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use. Also offered: individual and group peer counseling, trainings, WRAP planning, social connection and more. *To access services contact Lisa-Sun Gresham at lisa-sun@mentalhealthsf.org or (415) 341-9502.*”

CalHOPE: www.calhope.org [CalHOPE Warmline](https://www.calhope.org/calhope-warmline): 1-833- 317- HOPE (4673)

[San Luis Obispo Behavioral Health Access Line](https://www.calhope.org/calhope-warmline): 1-800-838-1381

[Central Coast Hotline](https://www.calhope.org/calhope-warmline) : 1-800-783-0607

Advocates: <https://www.advocates.org/>

“Advocates is now offering several virtual support groups via Zoom. These include mental health support groups as well as social and recreational groups. Facilitated by members of Advocates Peer Specialist team, these support groups are open to anyone in the community, not just individuals served by Advocates, and participation is confidential.

If you have any questions, please reach out to Keith Scott, KScott@Advocates.org, or the group facilitator.

If you require an ASL interpreter, please contact Keith Scott, KScott@Advocates.org or Sharon Hirt, SMacLean@Advocates.org “

For Like Minds: “Connect with people like you - living with or supporting someone with mental illness, substance use, or a stressful life event” www.forlikeminds.com

7Cups for free emotional support: <https://www.7cups.com/>

“Grow at your own Pace. Explore self help guides & growth paths for proven tips and advice on how to feel better. Free 24/7 Chat, Be heard by volunteer listeners
Affordable online therapy”

NAMI: National Alliance on Mental Illness:

<https://www.nami.org/Home>

Addiction Recovery:

Al-Anon Family Groups: www.al-anon.org

AA: <http://aa-intergroup.org/oiaa/meetings/>

Refuge Recovery: <https://refugerecovery.org/>

<https://www.buddhistrecovery.org/>

The Small Bow: <https://www.thsmallbow.com/meetings>

Eating Disorder Support:

The Alliance for eating disorders awareness: www.allianceforeatingdisorders.com

(Pro-Recovery Check-in, Friends and Family Check-in)

Postpartum Depression:

<https://www.postpartum.net/>

Bipolar Disorder:

Depression and Bipolar Support Alliance: <https://www.dbsalliance.org/>

Berkeley- <https://dbsaberkeley.wordpress.com> dbsaberkeley@gmail.com

San Francisco- <https://www.dbsasf.org/> dbsasf@gmail.com

Support Group Central: https://www.supportgroupscentral.com/topic_detail.cfm?cno=2

Individual Therapy / Support Groups for Frontline workers/ providers:

<https://fwcp.org/get-therapy>

Mood Trackers and other Apps and Measurement Tools:

https://docs.google.com/spreadsheets/d/1kUXxPTK6P5fNpJw1ZuN5ro7mMvd_b_03LWZa_6MM5Qk/edit#gid=0

<https://www.dbsalliance.org/wellness/wellness-toolbox/wellness-tracker/>

<https://www.happierhuman.com/mood-tracker-printable/>

<https://moodistory.com/>

<https://moodlinks.com/>

<http://moodtools.org>

<http://getmoodfit.com>

<https://www.rtor.org/2020/04/22/5-best-mood-tracking-apps/>

<https://daylio.net/>

Free for Kaiser members: the Calm app (and other apps):

<https://about.kaiserpermanente.org/our-story/news/announcements/calm-app-available-to-kaiser-permanente-members-at-no-cost>

VA website has free apps for help with PTSD, Mindfulness practice, etc:

<https://mobile.va.gov/appstore>

Some meditation apps:

Headspace, Healthy Minds, Ten Percent, Waking Up, Smiling Mind, Insight Timer, ...

Disability:

Disability Group: www.sanfranciscodisabilitybenefits.com

Bay Area Disability: www.sfbayareadisability.com

Hawkins Center: www.hawkinscenter.org

Disability Rights Advocates: www.dralegal.org

Golden Gate Regional Center: www.disabilityrightsca.org

Senior and Disability Action: www.sdaction.org

BestNow peer support, trainings, tenant support and more:

Phone: 510-969-5450 Fax: E-mail: bestnow@acnetmhc.org

Also on Facebook , Instagram: @best.now.ac

<https://www.acnetmhc.org/bestnow>

https://us02web.zoom.us/meeting/register/tZYsf-iopzsvGdQNuorwauTS26sVZy_qDe91

Alameda County Network of Mental Health Clients: www.acnetmhc.org

Help studying/ getting things done: <https://www.cofocus.one/>

ACTIVITIES

Art Café: <https://www.dbsasf.org/supportgroups>

Dance Church (low cost exercise class) – <https://go.dancechurch.com/>

Yoga to the People -- <https://yogatothepeople.com/online-classes/>

Start a new project, Support local small businesses: Propagating Plants for Beginners --

<https://www.thesill.com/blogs/diy/plant-propagation-for-beginners>

Plant delivery (from a local small business) – <https://www.plantsandfriendstogo.com/>

Visit a Farmers Market (While practicing social distancing) -- <http://www.cafarmersmkts.com/find-your-farmers-market>

Coffee and Conversation

Monday–Friday 7:30 a.m.

Facilitator: Ebony Flint

Phone/Email: 774-505-0503/ EFlint@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/132037002?pwd=VTc4OXNlOCtMb1A5bEsvcFluRkNDUT09>

Meeting ID: 132 037 002

Password: 527390

General Peer Support

Monday–Friday 10:00 a.m.

Facilitator: Patty Terrasi

Phone/Email: 508-782-2241/ PTerrasi@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/563827781?pwd=cnhTWXFWRDJIUk9VcjNESGg2eGZrdz09>

Meeting ID: 563 827 781

Password: 004116

Lunch and Laugh

Monday–Friday 1:00 p.m.

Facilitator: Patty Terrasi

Phone/Email: 508-782-2241/ PTerrasi@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/895929447?pwd=bWFZb3o4ZWRFNHlOTmpoYktSaVBWZz09>

Meeting ID: 895 929 447

Password: 301140

Creative Minds

Monday–Friday 4:00 p.m.

Facilitators: Caroline Miller Ashley Sproul

Phone/Email: 508-309-0129/ CaMiller@Advocates.org

508-397-3828/ ASproul@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/779204222?pwd=Rmo1bU8vdWtLUmR4Z2VPYTc0Y2dBdz09>

Meeting ID: 779 204 222

Password: 135287

Young Adult Peer Support Group

Every Sunday 2:30 p.m. – 4:00 p.m.

Facilitators: Courtney Dewey : 508-848-9289 / CDewey@Advocates.org

Jackie Lacorazza: 774-432-1902 / JLacorazza@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/99774847006?pwd=YzhZbVZWNi9xOVJqbXNLU09JNThkUT09>

Meeting ID: 997 7484 7006

Password: 003385

Password: 810648

<https://cloudsangha.co/about>

Music Jam

Every 3rd Tuesday 6:00 p.m.

Facilitators: David Baldini

Phone/Email: 508-380-9281/ DBaldini@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/5155063104?pwd=WGE3c1R2WmRHM01hRIBYeXNwM2cvUT09>

Meeting ID: 515 506 3104

Password: 413481

Withdrawing from Psychiatric Meds

Wednesday's 5:00 p.m.–6:30 p.m.

Facilitators: Ann Burgess

Val Hadden

Phone/Email: 508-782-8444/ ABurgess@Advocates.org

VHadden@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/483620699?pwd=T2VBeTM1dIJQZzN5dXB1Vnd4VEJYdz09>

Meeting ID: 483 620 699

Password: 351410

Evening Reflection

Monday–Friday 7:00 p.m.

Facilitators: Caroline Miller

Ann Burgess

Phone/Email: 508-309-0129/ CaMiller@Advocates.org

508-782-8444

ABurgess@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/631463206?pwd=V2puOTJPTkllbTAvNVJLM0VSTFRsZz09>

Meeting ID: 631 463 206

Password: 666687

Brunch Talk

Every Saturday at 11:00 a.m.

Facilitator: Ashley Sproul

Phone/Email: 508-397-3828/ ASproul@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/716181410?pwd=ZnhRWU5FVnk4NjZkNDIjYjFIxd1UrZz09>

Meeting ID: 716 181 410

Password: 490607

Rainbow Group (LGBTQ)

Every Saturday at 4:00 p.m.

Facilitator: Ashley Sproul

Phone/Email: 508-397-3828/ ASproul@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/183760219?pwd=NjNUTWFQUWpsNTBqWTd3ZXJiY3Z0Zz09>

Meeting ID: 183 760 219

Password: 664854

Movies and More

Every Saturday at 8:00 p.m.

Facilitator: Caroline Miller

Phone/Email: 508-309-0129/ CaMiller@Advocates.org

Description: Talk about different movies, shows, etc, that are getting you through these tough times.

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/311203756?pwd=UzUvQ1duL1VpRUgwVzFMU2gxMkp3QT09>

Meeting ID: 311 203 756

Password: 122815

Sunday Fun Day

Every Sunday at 3:00 p.m.

Facilitator: Ann Burgess

Password: 018064

Irate Expressions

Every Wednesday 2:30 p.m.

Facilitator: Ebony Flint

Phone/Email: 774-505-0503/ EFlint@Advocates.org

Description: Discussion about safe ways to express & release anger/frustration without hurting yourself or others.

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/96969148807?pwd=dDhzWnNtMDFHN3VQby9DNnRSUjIYUT09>

Meeting ID: 969 6914 8807

Password: 323118

"Now & Zen"

Every Friday 11:30 a.m.

Facilitator: Irena Kart-Tsirulnik

Phone/Email: 508-745-3141/ IKart-Tsirulnik@Advocates.org

Description: A group on living/being/moving forward from a framework of compassion, loving kindness, mindfulness and self-acceptance

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/98953087291?pwd=eHB0N0Y2YTc4Sk9CL09MOWN4VE0wdz09>

Meeting ID: 989 5308 7291

Password: 736207

Dungeons & Gamers

Every Saturday 7:00 p.m.

Facilitator: Caroline Miller

Phone/ Email: 508-309-0129/ CaMiller@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/7047802445?pwd=ZjVRY1FGNTh5ZEIwUjVOYlh4dTJ4Zz09>

Meeting ID: 704 780 2445

Password: 974881

Dialogue & Support around Trauma

Every Thursday 1:30 p.m.

Facilitator: Ebony Flint

Phone/ Email: 774-505-0503/ EFlint@Advocates.org

Join Zoom Meeting: <https://advocates-telehealth.zoom.us/j/93228085886?pwd=Um5FbXlrOEh4dW83SHYrdDNWcm16Zz09>

Meeting ID: 932 2808 5886

Password: 377443

Meditation and Meditation-Based Support Groups:

<https://sfdharmacollective.org/>

<https://www.insightmeditationcenter.org/support-groups/>

<https://cloudsangha.co/>

<https://recoverydharma.org/>

<https://www.buddhistrecovery.org/>

<https://gyutofoundation.org/meditation/>

<https://www.rickhanson.net/teaching/wednesday-meditations-with-dr-rick-hanson/>

Also see the Apps section for more.

Virtual YMCA:

<https://ymcaeastbay.org/virtualy#/login>

<https://www.ymcasd.org/virtual-ymca>

Writing:

Shut Up & Write Meetups <https://shutupwrite.com/>

Poetry Writing Meetup (Oakland) <https://www.meetup.com/oakland-poetry-meetup-group/>

Zines:

<https://archive.org/details/zines>

<https://www.ezine-dir.com/>

<https://www.moodtreatmentcenter.com/measurement/>

Dog walking (e.g. local animal shelter) or **walking with people** e.g.:

<https://www.theguardian.com/us-news/2016/sep/14/los-angeles-people-walker-chuck-mccarthy>

Volunteer Opportunities:

Volunteer Match <https://www.volunteermatch.org/>

MedShare <https://www.medshare.org/volunteer-2/>

Institute on Aging (S.F.) <https://www.ioaging.org>

Healing Waters <https://www.hwaters.org/>

Meals on Wheels <https://www.mowca.org/>

Prisoners Literature Project <https://www.prisonlit.org/>

Public Allies <https://publicallies.org/sanfrancisco-siliconvalley/>

Peer Support Specialist Training or Jobs

Bestnow <https://www.peerwellnesscollective.org/bestnow>

Cal Voices/ WiseU <https://www.calvoices.org/wiseu>

Mental Health Association of San Francisco <https://www.mentalhealthsf.org/get-involved/>

Some videos/ music people have found inspiring:

‘Science of Happiness’ conversation between Sam Harris and Laurie Santos

https://www.youtube.com/watch?v=p1UxKD8C_GA

‘Ad’ for the benefits of nature-

https://www.youtube.com/watch?v=Bsh_8qxUfDY&list=RDBf5TgVRGND4&index=6

Beethoven Moonlight Sonata played for an elephant -- <https://www.youtube.com/watch?v=zVaHuA4FuC4>

Somewhere over the Rainbow - Israel "IZ" Kamakawiwo‘ole --

<https://www.youtube.com/watch?v=V1bFr2SWP1I>

A song of yearning and connecting, adapted to shelter-in-place (Hebrew with English subtitles)

<https://www.youtube.com/watch?v=rKyLspnPvts&app=desktop>

Reddit COVID Roasts:

<https://www.reddit.com/r/RoastCovid19/new/>

Low-cost / free Internet Service

<https://www.cpuc.ca.gov/industries-and-topics/internet-and-phone/california-low-cost-internet-plans>

https://nv.fcc.gov/lifeline/?ebbp=true&id=nv_flow&ln=RW5nbGlzaA%3D%3D

<https://www.att.com/internet/access/>

*** Resources shared are not necessarily confirmed/endorsed by LaChheim**