



6TH ANNUAL LONDON & REGION FASD VIRTUAL CONFERENCE 2026

BRIDGING RESEARCH, CLINICAL, AND LIVING EXPERIENCE

SUPPORTING RELATIONSHIPS IN FASD:
BUILDING BRIDGES ACROSS THE LIFESPAN



OCTOBER 20 & 21, 2026 | VIRTUAL MEETING

Tech Tip Sheet

Conference Community

For this conference to remain a safe space to discuss complex child and youth mental health-related topics, which can at times include challenging emotions, we must all use kind, inclusive, and respectful language on all conference forums, such as when speaking on Zoom and typing on Zoom chat. Participation and attendance in conference activities is based on this guideline. Some topics may be best explored outside of the conference main chat. We encourage reaching out directly to other participants for a private chat to network and follow-up outside of the conference.

This is a multidisciplinary conference, which means we have clinicians, researchers, medical and allied health professionals, educators, learners, and caregivers attending. We will be discussing research and statistics to help us better understand, provide help, and advocate for the populations we serve. However, no one person can be explained, defined, nor represented by research and statistics. So, while we will discuss research and statistics, we are not talking directly about your loved ones, who are whole and complete people.

The Ontario Public Service (OPS)'s Code of Conduct consists of being welcoming and respectful; being responsible for the impact of what we say and do; being part of the solution; and being accountable to each other. The OPS does not tolerate any form of racism, discrimination, or harassment.

Note

- Please note that your device and current software version may look different than the screenshots shown throughout this document.

Website

- The London & Region FASD Virtual Conference [website](#) is a space for you to access scheduled information, including the program; agenda; biographies of all speakers, presentation synopses, and learning objectives; ePosters; artwork; and other important content.
- To download files:

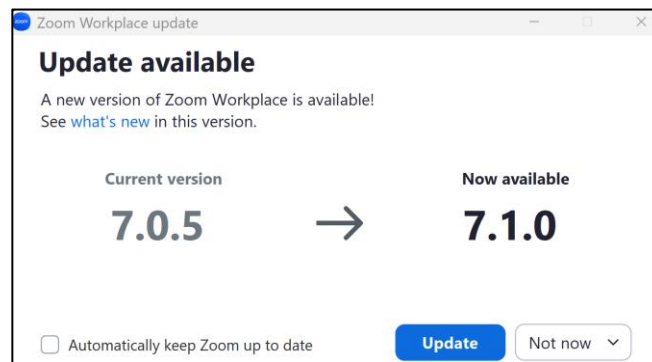
1. Select the file, and select “Save” as you would with other files
2. You may need to look where your computer holds ‘downloads’ to find the file
3. To print any files (such as the program), print as you would normally print your files

Zoom

You do *not* need to create your own Zoom account to access the conference, but you *do* need to download the Zoom app

How to Download Zoom

1. If you do not have the Zoom app downloaded for desktop or mobile, you can access this [link](#)
2. If you already have the Zoom app downloaded, ensure your version is up-to-date
 - a. If you have a Zoom account, sign-in, select your profile picture, then select “Check for Updates.” If there is a newer version, select “Update” then “Install”



- b. If you do not have a Zoom account, still ensure that the Zoom app is the most current version on your respective app store

How to Join a Zoom Call

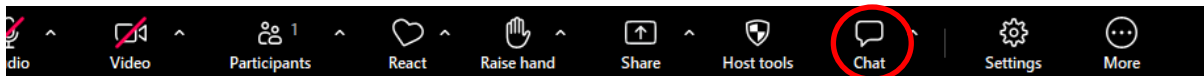
1. Select the invite link to be connected directly to the conference. Remember, you do not need to have a Zoom account to join the conference. For alternative solutions, refer to options 2, 3, or 4 below

Options when using a browser / app

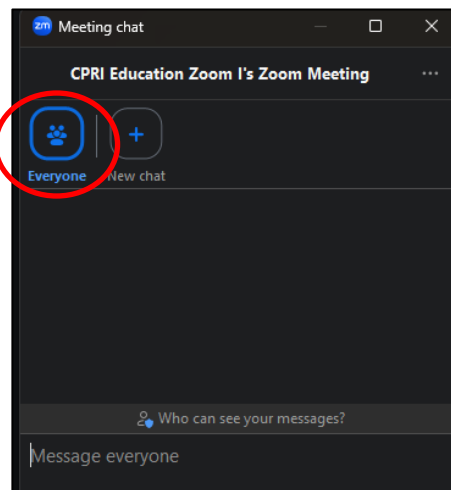
2. Copy and paste the Zoom link into your browser’s address bar:
 - a. Select “Open” in the displayed prompt
 - b. If prompted, enter the passcode provided to join the Zoom meeting
3. Open the Zoom app:
 - a. Select on the “Join” menu on the “Home” tab
 - b. If prompted, enter the given meeting ID number
 - c. If prompted, enter the given passcode to access the Zoom call
4. If you are having difficulties, refer to this **video**: [How to Join a Zoom Meeting](#)

Zoom Chat

- Select “Chat” from the Zoom toolbar to open the chat panel



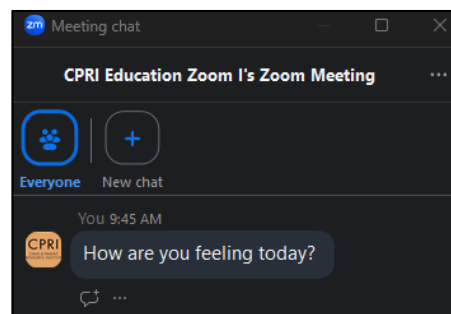
- You can use the chat panel for tech assistance and for asking and responding to questions
- The default setting in the chat is for your message to be sent to “Everyone”



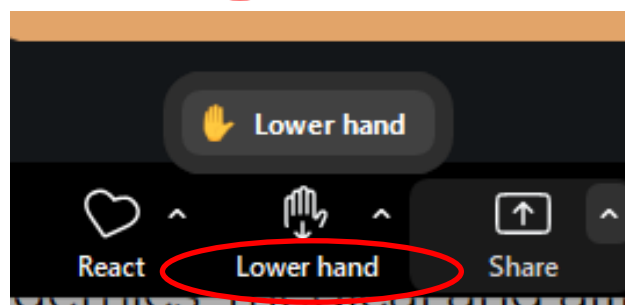
- If you require assistance, send a chat message to “CPRI Education”

Zoom Participation

- There will be a discussion period at the end of, and sometimes throughout, each presentation where participants can ask questions and discuss ideas. This can be done by:
 - Typing a question or comment in the chat panel, followed by the “Enter” key



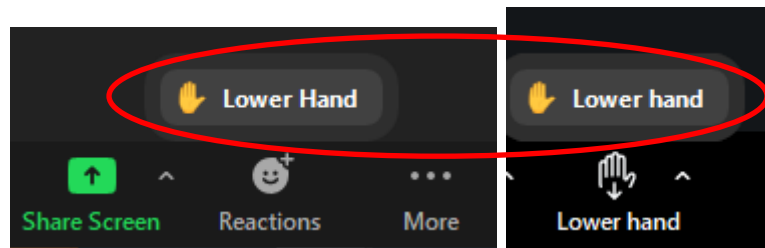
- Use the “Raise Hand” function to notify the speaker you wish to verbally ask a question. You can access the “Raise Hand” function by:
 - Selecting the “Reactions” button, and then selecting “Raise Hand”



- Note: the latest version of Zoom has a “Raise Hand” icon beside the “React” icon.

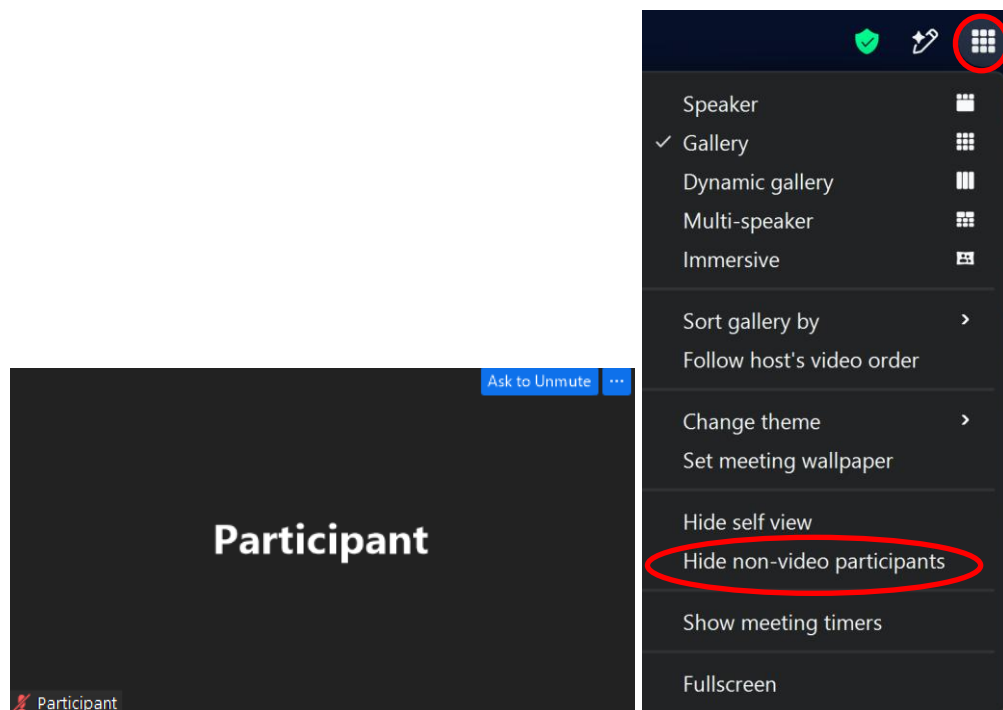


- When the speaker calls on you, you will be cued to unmute yourself and ask your question
- When you are finished, select “Lower Hand”



Zoom Viewing

- Zoom offers several viewing options that allow you to customize how participants are displayed. To change your view, locate the “View” controls within the Zoom meeting window and select your preferred option. Available views may vary depending on your Zoom version, device, and meeting settings
- Zoom offers the ability to hide participants who are not using their camera. Locate and select “Hide non-video participants”



Zoom Breakout Rooms

- For Desktop:

If the host has allowed participants to self-select and join breakout rooms of their choosing, participants will be able to view and select from a list of breakout rooms the host has created. They will be able to enter and leave breakout rooms freely.

Note: Participants not joined with the desktop app will *not* be able to self-select a breakout room. The host will need to facilitate moving these participants manually.

1. Select **Breakout Rooms**  in your meeting controls.
This will display the list of open breakout rooms created by the host.
2. (Optional) Select **Expand All** to expand all available rooms and see which participants are in that particular room.
3. Hover your pointer over the number to the right of the breakout room you wish to join, select **Join**, then confirm by selecting **Join**.
4. Repeat as necessary to join other breakout rooms, or select **Leave Room** to return to the main session.

- For Mobile:

If the host has allowed participants to self-select and join breakout rooms of their choosing, participants will be able to view and select from a list of breakout rooms the host has created. They will be able to enter and leave breakout rooms freely.

Note: Participants not joined with the mobile app will *not* be able to self-select a breakout room. The host will need to facilitate moving these participants manually.

1. Select **Breakout Rooms**  on the top-left side of the meeting controls.
This will display the list of open breakout rooms created by the host.
2. Select the breakout room you wish to participate in and then select **Join**.

3. Repeat as necessary to join other breakout rooms, or select **Leave Room** to return to the main session.

Troubleshooting and More Support

- If you experience technical difficulties after reviewing this guide:
 1. [Google Search](#) a solution
 2. If you are experiencing audio issues, use the dial-in phone number provided in the meeting invitation
 3. Send a chat to a member of the CPRI Education team for assistance
 4. Email CPRI.Educate@Ontario.ca, monitored by CPRI's Education team