ACCESSING & POSTING IN COMMUNITIES (THE FORUM)
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1. Go to psychologists.bc.ca

2. Click '**Log In**'.

3. Go to the image in the top right corner of the search bar and **click the image**.

4. Click '**Home**'.

5. Access Communities a couple of different ways:
   a. Scroll down the left side of your dashboard and click '**A-General Community**'.
   b. On the left task bar, click the second icon in the vertical row, **'My Community'**.

6. If you want to find another Group, click '**Discover Groups**' and join.

7. For Referrals, please go to the **Group, 'Referral Requests'.**

8. You can **post and upload videos, files**, etc., similar to Facebook.

9. To manage **Notifications**, click your image in the top right corner and click '**Settings**'.

10. Click '**Notification Settings**' and choose your preferences.

11. You can choose whether you receive **notifications to your email or notification centre** on your Home Dashboard.

12. Once you have selected your notification settings, make sure to scroll down and click '**Save**'.