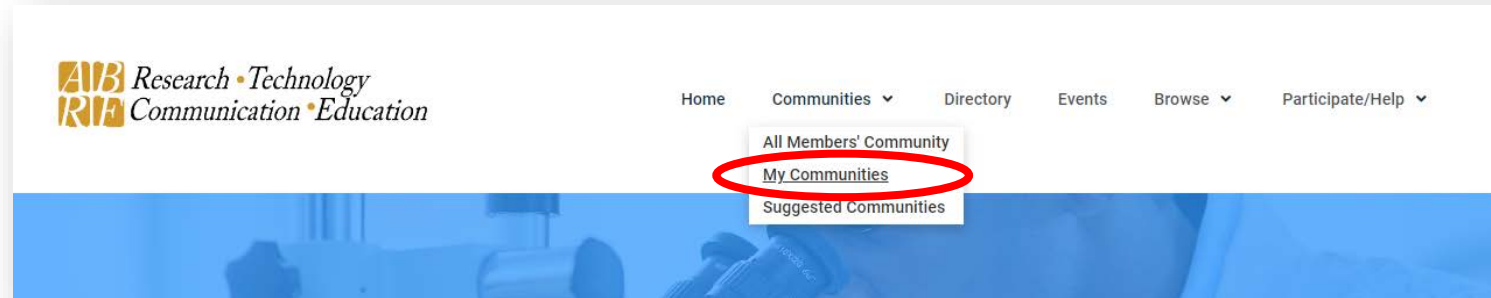
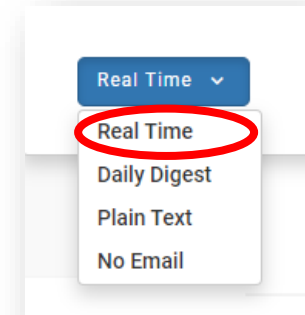


- Visit the [ABRF community home page here](#)
- **Sign In** at the top right corner, this is your ABRF username or email and password
- Click on "**Communities**" then select "**My Communities**"



- You will see multiple communities depending on what you have joined to
- Select the group of interest, "*insert group name*"
- Click **Settings**
- Under Email Notification, select how you want your messages delivered. **Select Real Time**



- Make this quick update today to allow you to participate in our discussions in real time and get notified for anything posted, scheduled, or commented in our community.
- As well, this group email address can be used to send new messages to the group without logging into the community.
 "ABRF-*insertgroupnameandacronym*@connectedcommunity.org"