

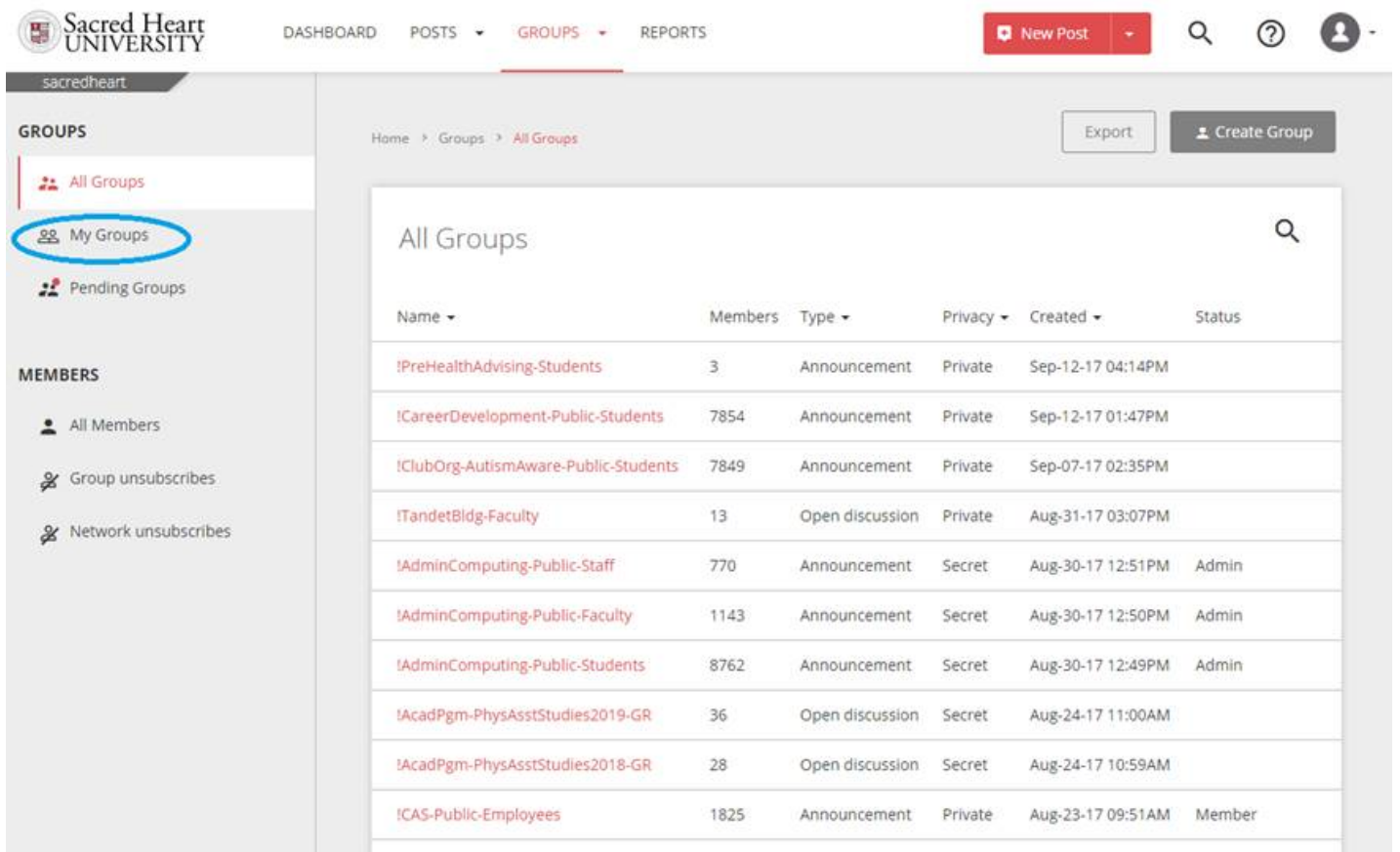
Unsubscribing from Regroup Groups

If you would like to go down the list of your groups to unsubscribe, here are the steps to do that:

1. At the **DASHBOARD** screen after login, click the **GROUPS** option at the top:

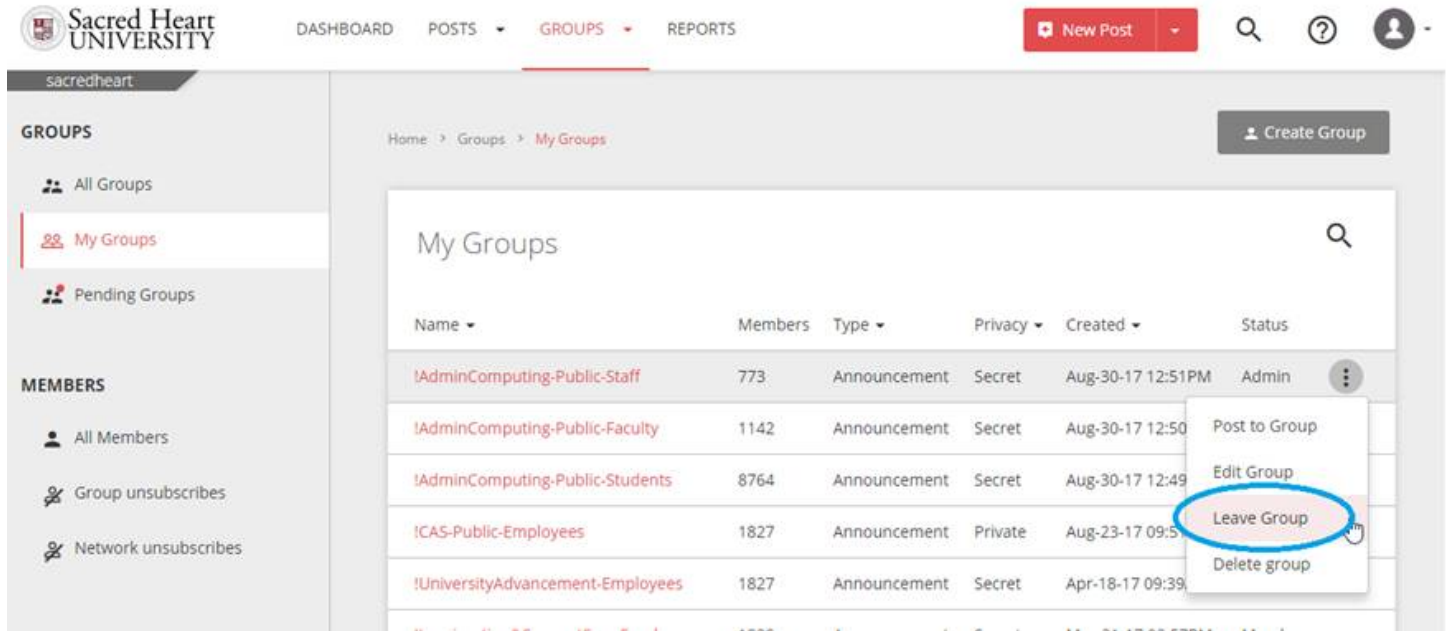


2. Click on the **My Groups** option on the left side:



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3. When your groups appear, go to a group you wish to leave and hover to the right of the listed status and you will see a gray circle with 3 vertical dots in it. Click that you will be presented with several options (I am an administrator so I have more options available). If you want to leave the group, click Leave Group.



Once you do that, you will be removed from the group and not receive any emails sent to it. You can only do this from groups that are set to allow Unsubscriptions. There are groups that do not allow you to unsubscribe so those will not give you the option to leave the group.