

ReCONNECT GROUP AGREEMENT

This is a social group & is not meant to be therapy or counselling. We all want & need this group to be a safe space, so we collectively agree to:

1 Keep what we hear confidential. It is important that we don't share specific stories, names, locations or private information we hear or read with anyone else.

2 Show our respect by not making discriminatory or stigmatizing remarks or jokes based on race, origin, colour, religion, gender identity, sexual orientation, age, mental or physical disability. None of this will be tolerated.

3 Give full focus to the speaker & wait our turn to speak. If we want to respond to what's been shared, check if the speaker wants feedback first. Use "I" statements to avoid giving advice (even if requested) - including private professional services, treatments or medication information. Keep in mind the fact that we are unique beings & that what helps one may not be helpful to another.

4 Choose not to pressure someone to share if they have chosen to pass their turn, & to give grace if others choose not to make eye contact while they share.

5 Attend this group substance-free & remain sober, free from self-harm, harmful words or harmful actions towards others in the group at all times.

6 Do our best to begin & end group on time. Feel free to join the waiting room 5 min before start time, & if unavoidable, you may enter the Zoom room up to 5 min after group starts.

7 Stay on mute when not speaking, & to turn off cell phones / close email on our desktops to avoid disruption. If you want a break or need to step away, kindly turn off your video & turn your own volume off in case others enter the space while you're gone.

8 Keep detailed stories of self-harm or substance abuse off the table to avoid over activation. Thoughts & feelings around these are welcome, however if you notice thoughts of suicide or causing harm, reach out to Tara or Shealagh privately in the chat & / or ask for a short break with one of us in a breakout room. We agree to support you to get help.

9 Disclose to authorities any knowledge of harm to oneself or others.