

# 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 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.**