

Virtual Support Group Sessions

Creating a safe space for all attendees

- **Please respect and honour each other's privacy.** Everyone must be able to safely share within the session knowing what they are sharing will remain private. This is an important part of building trust in the community. We understand you might not have the space to be in a room alone while on the Zoom, so **we encourage you to use headphones** to honour the privacy of everyone else and keep the space safe.
- **The facilitator, a social worker or psychotherapist, will lead the session.** When asked to engage or turn your cameras on, please consider it. It helps show support, express compassion and build community and connection – which can be hard in a virtual setting.
- **Please do not share the presentation with others.** It was designed for this session only and should not be shared outside of the session. The Rethink team works with the facilitators outside of these sessions to create helpful resources that can be shared externally.
- **Sometimes it's hard to share openly and in front of a group.** Please hold space for others and show empathy and patience while others share or respond to a question.
- **Remember, every experience is unique.** Try not to compare yours to others. These sessions are meant to give you tools and new perspectives to help you in your own personal experience with breast cancer.
- **You are here for a reason.** 😊 Actively listen and participate so you get the most out of the session!
- **If you need help, let us know!** If you need an interpreter or a tech support person to assist you during a session, please let us know in advance of the Zoom call so we can inform everyone else in attendance to maintain the integrity of the safe space. The information shared during these sessions is private and highly sensitive in nature, and it is important everyone feel safe in the space to share their experience(s) and receive the benefit and support these sessions provide.
- **Prioritize your peace and honour your feelings.** While we always do our best to ensure these sessions are a safe space for all at any stage in their experience with breast cancer (unless otherwise specified for certain sessions), we understand everyone has hard days and that certain subjects that may arise could be triggering. **Please remember to check-in with yourself** and know you can leave the session at any time if you feel that is what you need to do to protect your peace and honour how you're feeling.

Thank you for helping us maintain this safe space!