



Group Expectations for Support Chat/ Support Group

RE: Coffee Chat, Women's Support Chat, Men's Support Chat, Brain Injury Support Group

What they are:

Self-help groups open to persons with **lived experience** of acquired brain injury only. Groups are meant to discuss challenges and successes, share coping strategies and support. Benefits of participating in group may include: Feeling less lonely, isolated, or judged.

What they are not:

These programs are not a replacement for professional mental health services or rehabilitation.

Expectations:

- We have a zero-tolerance policy with respect to discrimination and harassment. Discrimination and/or harassment in any form is strictly prohibited.
- Keep confidential the personal information of other individuals taking part in the program
- Be prepared to have the video on at the start of the meeting. If you experience screen fatigue, you can turn it off once the meeting begins.
- To maintain the privacy of all participants, you should be alone in a private living space when attending the meeting.
- Do not record or photograph the meeting.
- If you require a support worker or family member to assist you with navigating the technology, once you have successfully logged on, please have them support you from a space where they cannot hear what is being discussed in the group.
- If there are any resources you would like to share with other members, email them to info@hbia.ca.

Disclaimer: By participating in virtual programming hosted or co-hosted by the Hamilton Brain Injury Association, you agree to uphold Group Expectations for Support Chat/Support Group. Failure to do so may result in immediate dismissal from programming and may lead to suspension and/or termination of rights to access Hamilton Brain Injury programming and/or services without notice or in lieu of notice.

Hamilton Brain Injury Association

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