



Better Together

Virtual Group Guidelines

I agree to abide by the following virtual group guidelines

- We are committed to confidentiality. What is said here, stays here.
- Please introduce yourself with your name and pronouns if desired at the beginning of each group and let us know if you are new to Better Together.
- Respect pronoun preferences and if specifying pronouns is not comfortable or relevant to your experience or perspective it's okay to just say your name.
- You may just listen pass if you don't feel like sharing but everyone is invited to acknowledge themselves.
- Practice good self-care and provide yourself with grounding tools as necessary.
- Manage feelings of overwhelm by choosing which Better Together groups fit your current needs.
- If you need to leave, please use the thumbs up icon for "okay," thumbs down for "not okay" or type in the chat. If you need support, reach out to the facilitator
- Mute your Webex/Zoom when you're not talking and honour privacy, your own and other's by using headphones if possible.
- Set and keep personal boundaries outside of this group.
- Be respectful of time when sharing and avoid monopolizing group time. We encourage you to assert yourself as you are able when you need to share.
- Please don't diminish another person's perspective. Pain, challenge, adversity and trauma are subjective and individualistic. Avoid minimizing or maximizing other's experiences.
- Be mindful of the type of group you are in and respect the space that is co-created. Some groups are topical and others are general check-ins and reflections. In topic groups, we try to keep personal shares related to the topic.
- If you need support outside the designated topic, please speak up, preferably at the beginning of the group or after. Better Together can offer counselling and individual peer support
- Groups with no participants will be cancelled after 15 minutes.
- Specific to check-in and reflection groups:
- Check-ins will start with a 5 -10 min grounding/ mindful exercise, a 2-3 minute individual share with a chance to expand after everyone has a chance to participate.

- Check-ins and Reflections are not a place where we fix problems. They are a safe space to sit with and explore struggles or successes, to look towards and also reflect on the day that we have experienced. Better Together is a co-learning environment. We walk with each other day to day. It is okay to ask for feedback or to express that feedback is not desired.