

## ENVIRONMENTAL ILLNESS SUPPORT GROUP

### **Disclaimer:**

Contents and experiences shared during the zoom call are private and confidential and shall not be discussed outside of the call. Our time together is meant to be a safe space and involves sharing of sensitive personal information. This meeting is not meant to be mistaken for professional or medical advice, diagnosis or treatment.

The views, opinions and content do not necessarily reflect the position of Jenipher Wellness or Holistic Health Educators.

We do not provide emergency or crisis support.

We are here to provide comfort and peer support of one another during a familiar and difficult journey in our life with environmental illness.

### **Group Etiquette:**

- Listen without interruption
- Remain on topic
- Avoid side conversation or distraction. If your attention is needed elsewhere, be sure to mute yourself and turn video off.
- Acceptance of differences (cultural, social, linguistic differences or where an individual is in their recovery journey)
- Respecting each other's opinions
- Refrain from judging people
- Sharing the group's time so that everyone who wishes to share get an opportunity to do so
- There will be various topics brought up within our time together. Everyone has a story, and some discussions may be triggering. Please try to handle any triggers as gently as you can with yourself and others. If you need to remove yourself from the group or take a break, do so. Please refer to the list of resources for professional support.
- Angry behavior, name calling, racism, harassment of any kind will not be tolerated

Each class will reference resources of the topics discussed. Have a pen and paper handy, we'll be sure to put it in the chat section.

Reminder, these sessions will not be recorded so please take notes. For the privacy of our participants, personal recording, either audio or video is strictly prohibited.