



Wellness House Support Group Rules & Expectations

Welcome to Wellness House Support and Counseling programs!

Your participation is voluntary and welcome.

- ❖ Our goal is that group members be present for the duration of the session. However, we understand that it isn't always possible. If you need to leave, please let the facilitator know before the start of the group. If you have unforeseen circumstances, please communicate your needs to the facilitator as able.
- ❖ Virtual participation:
 - Please ensure that your space is private- backgrounds should not be distracting or inappropriate if you are sharing video.
 - Please ensure your space is quiet- earbuds or headphones must be used if you have a space where others can hear your audio.
 - Technical difficulties: If you encounter an internet disruption during the program please feel welcome to rejoin the program when you are able. Additionally, group members are welcome to call-into a zoom room if internet is unavailable. Please be sure you have the phone number and passcode from your group facilitator.
- ❖ Wellness House cannot guarantee confidentiality, and we rely on the group's shared responsibility for ensuring confidentiality. Anything shared in the group should stay in group, and if elements of the conversation are discussed outside of group, please do not use any identifying information about group members (no names, titles, locations, etc.). You have the right to confidentiality at Wellness House. Any personal information you share with Wellness House staff will not be shared with others outside of Wellness House without your permission.
 - Confidentiality is breached by Wellness House staff only when participants are deemed to be a threat to themselves or others, or in the case of a court order.
- ❖ The facilitator is responsible for guiding the conversation, including check-ins and allowing everyone the opportunity to participate to be best of their ability.
- ❖ Group members are invited to actively listen to others, allow one person to speak at a time, demonstrate empathy and concern, disagree respectfully and suspend judgment.
- ❖ When speaking "I statements" are encouraged, rather than "we", "you", or "they". Please share from a personal experience standpoint to create emotional and physical safety.
- ❖ Support groups are a space to discuss the psychological/emotional impacts of cancer, including the impact of medical interventions and side effects.
- ❖ All group members and the facilitator are to be treated with respect. Judgement of any person based on their personal choices, political views, medical treatment, self-identity, religious beliefs, gender identity, sexual preference or any discrimination of any kind will not be tolerated.

- ❖ Group members may choose to connect with one another outside of the structured group time. While this is often appropriate and encouraged, it is the choice of individuals to share their own contact information.

Dismissal from Support Groups

Please be aware that all support groups are expected to follow the same guidelines and operate with the same rules. Dismissal from one group will result in a lack of access to all Wellness House support groups.

- A breach of confidentiality will result in dismissal from the group.
- Behaviors that create a stressful or unhealthy group environment (including behaviors contrary to the group guidelines), that continue after being addressed by the facilitator, will result in dismissal.
- Inappropriate behavior, including nudity/sharing of private body parts, aggression, and personal attacks will result in immediate dismissal from that group session and may result in permanent dismissal.
- Behaviors that pose a safety threat to others will result in permanent dismissal.
- If you are dismissed from support groups, you can meet with a staff member to discuss an alternative treatment plan or supports with one of our WH counselors.

Disclaimers: Any medical information shared by groups members is not to be used or relied on for any diagnostic or treatment purposes. Please consult your professional healthcare provider with specific questions and before making healthcare decisions. If you are experiencing a medical emergency during a group, please seek medical attention or contact 911. Wellness House does not endorse or recommend any specific treatment, physician, or hospital.

Due to limited staff capacity we are unable to respond to technical difficulties- Please explore <https://zoom.us/> for video tutorials and FAQs