

## Peer Support Group Agreement

Our goal is to ensure that everyone can participate safely in our groups, courses and workshops, and that they are supportive, and positive environments. By attending the group, you agree to follow these guidelines:

### 1. Respect Confidentiality

- What's shared in the group stays within the group.
- Please respect others' privacy and avoid sharing personal stories or information outside of sessions.

### 2. Respect and Kindness

- Treat all participants, staff, and volunteers with respect.
- Listen actively, without judgment, and allow everyone space to share.
- Use kind, inclusive, and welcoming language at all times.

### 3. Share at Your Own Comfort Level

- Participation is voluntary. You may contribute, ask questions, or simply observe.
- Focus on your own experience and comfort, whether sharing ideas, discussing experiences, or participating in the activities.

### 4. Take Care of Yourself

- Work at your own pace and take breaks when needed.
- Let a facilitator know if you need support or if something doesn't feel right.
- Respect your own boundaries and those of others.

### 5. Appropriate Communication

- Keep any discussions in our sessions appropriate and focused on group topics.
- Please avoid making comments or sharing content that could make others feel uncomfortable or distressed.
- Facilitators may, if appropriate, guide or move conversations on if a topic is not suitable for the group or the current session.

### 6. Purpose of the Group

- Our groups, courses and workshops are **not therapy sessions**. While we encourage participants to express how they are feeling and share experiences in a supportive way, it is not the space to explore or unpack personal trauma in depth.
- Please be mindful of what you share so that the space remains safe and supportive for all participants.
- If you feel that you need more individual support, facilitators can provide guidance on appropriate services to access.

### 7. Attendance and Safety

- Participants **must not attend under the influence of drugs or alcohol**.
- If facilitators have reason to believe someone is under the influence, they will be asked to leave the activity, workshop or group session.

### 8. Behaviour Expectations

- Disruptive, aggressive, or unsafe behaviour will not be tolerated.
- Staff and volunteers are present to support everyone and ensure a safe environment.
- If a participant repeatedly breaks these guidelines, staff may:
  1. Issue a verbal or written warning.
  2. Ask the participant to step away temporarily.

3. Restrict attendance if behaviours persist, to protect the wellbeing of others.

#### **9. Group Safety and Support**

- A staff member will always be present to facilitate and ensure safety\*.
- If staff are unavailable, the session will be cancelled.
- If you notice something unsafe or feel uncomfortable, speak to a facilitator privately.

\* Please note, our wellbeing walks are sometimes led by trained wellbeing walk volunteers only.

#### **10. Enjoy the Experience**

- Focus on your own progress and enjoyment.
- Celebrate the process, whether in creative activities, discussions, or learning.
- Remember, it's about growth, connection, and support—not perfection.

#### **By attending, you are agreeing to follow this Group Agreement.**

We are committed to making the sessions safe, inclusive, and positive for everyone involved.