



Welcome to Healing Connections, a support group for and by people who experience emotional distress, voices and visions, extreme and altered states of consciousness, labels of psychiatry, substance use, and trauma/trauma responses. We meet **online or by calling** in on the **3rd Wednesday of each month from 4:00-5:00pm EST.**

Join by Zoom: <https://us06web.zoom.us/j/86356193659> or

Join by Calling in: 1-929-205-6099 Enter ID: 86356193659# (New York)

Find your Local Number: <https://us06web.zoom.us/j/kb250XbW45>

Healing Connections Peer Support Group Agreement and Guiding Principles

Etiquette: We agree to be respectful toward all group members in order to maintain the safety of our group. We honor that group members will share aspects of their personal identity that are meaningful and we are expected to be supportive of this sharing. Aspects of identity that might be discussed include race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, ability, size, socioeconomic status, and more.

Confidentiality: Each of our privacy is important and respected. The recording feature has been restricted from any of our offered Peer Support Services. We ask that each of us uphold privacy and anything that is shared in our support group, stay within that group. We ask that we do not take what is shared in one group into any other group. Our group decides the limits to maintaining privacy, and there is transparency at all times around any limits that are identified.

Check-in: introductions, talk time, comfort agreement, confidentiality: We will share our name, pronouns, geographical location, and access needs including if we would like to talk. As stated in our Guiding Principles talking is completely voluntary, if one chooses to only listen that is more than okay, just let us know during this check-in. We respect that we each have the right to change our mind to talk at any point. We will review comfort agreement and confidentiality.

Sharing; be sure everyone has a chance to talk: Some people are naturally more talkative than others. It's also crucial if we are more vocal to be mindful that everyone has a chance to contribute. We can offer a break out room for folx to have one-to-one conversations.



Chat Feature: Due to expressed safety concerns the chat feature is off. If anyone would like to exchange contact information or talk one-to-one, we can offer a break out room.

GUIDING PRINCIPLES

Adapted from WM Peer Network's Declaration of Peer Roles and Shery Mead's Intentional Peer Support (IPS)

- **We are based in self-help and mutual support.**
- **We believe that healing is possible and probable for all.**
- **We value human language that is non-clinical. This allows each person a space to explore and find their own meaning in their life and their experiences (worldview).**
- **We believe in the healing power of choice. Attendance and participation are completely voluntary. It's okay to just listen.**
- **We are not here to "fix" each other or give advice, but rather "be" with one another, creating a culture of reciprocal respect and support.**
- **We refrain from universalizing our experience and our worldview. Difference is expected, welcomed, and honored.**
- **We refrain from judgment! We challenge ourselves to intentionally come from a place of genuine curiosity when people share their experience and worldview.**