

Peer Support Group Orientation Booklet

Welcome to our Peer Support Group! This orientation booklet has information that will help you better understand more about how the peer support group runs. Please review this before your first session.

If you have any questions, please contact:

Brief Description

Participation Requirements

Meeting Details

Cost

Core Values

Peer support groups are guided by values that help others feel welcome and safe.



Hope and Recovery. You will help promote hope and express realistic confidence in others to be successful in their journey of recovery. You will encourage individuals to find strength, take responsibility to make positive changes.



Self-Determination. You may offer suggestions but must always respect others' decisions, goals, and decisions about what is best for them.



Authenticity and Trust. You will act ethically and with integrity. You will maintain the anonymity, and confidentiality of the members of this group. You will be your true self and will accept other members as they are.



Health and Wellness. You understand that recovery is not a linear process and looks different for everyone. You must respect and care for your own health and well-being.



Dignity, Respect and Social Inclusion. You will be intentional with your language and words. You will be welcoming to everyone, regardless of age, identity, ethnicity, ability, or cultural and religious background. You will strive not to assign labels, stereotypes, or being influenced by biases.

Do's and Don'ts

To have a respectful and effective peer group discussion, please remember:



Do's

- Be supportive.
- Encourage others by telling your story.
- Ask respectful questions.
- Listen patiently and without judging.
- Wait your turn to speak.
- Treat others with empathy.
- Share what worked for you.
- Turn off or silence your electronic devices during meetings.



Don'ts

- Use disrespectful or abusive language.
- Make inappropriate references or jokes.
- Pressure others to follow your advice.
- Start or engage in arguments.
- Judge the preferences, or experiences of others.
- Share stories with people outside of the group.

Virtual Meeting Details

The web-conferences platform we use is secure. We use passwords and waiting rooms so that only known members of this group will be admitted into the meeting. During the meeting the members may share private and personal stories and it is important that these conversations remain private.

Please do not share meeting information without speaking to your group representative or facilitator first.

You Will Need

- A computer, a tablet, or a phone.
- A stable and secure internet connection (public areas may not be secure).
- A private and safe space for the duration of the meeting.
- Preferably, a camera, microphone, and speaker/headphones.

To Join the Virtual Meeting

If you need help or have never attended a virtual meeting, contact:
