



TRANSforumQuinte.ca

"It's never too late to be who you might have been"

We hope that participating in this group will be enjoyable and helpful to all of you. We know that it is sometimes hard to be in a group, especially if you are feeling shy or anxious. It may feel like you are taking a risk by coming here and opening yourself up to change and support. One way that we can help you and others to feel safe and comfortable is to agree on group guidelines. These guidelines ensure that everyone feels respected and knows that their privacy and confidentiality will be protected.

CONFIDENTIALITY

There are two kinds of confidentiality:

1. The groups responsibility to itself: What this means is that every member of the group needs to promise to keep what others say private. This means that no one is to speak about anyone else's stories, comments or experiences outside of the group. **What happens in group stays in group.** You are of course welcome to share your own experiences, information and reactions that come from group with people outside of the group. For example, if during the week you have left over feelings or thoughts about your own experiences from a session, you are free to discuss those with anyone (i.e., counselors, family, friends, partners). In fact, we encourage you to get this additional support if you need it. Remember that we can always be contacted by phone or email to discuss such feelings and that our voice mails, emails and texts are confidential.

2. The facilitators responsibility to the group: The group facilitators will keep all information about clients in strict confidence except what they are required by law to report. Limitations to confidentiality are specifically:

- If you tell us about a child (under the age of 16) who has been or may be at risk of abuse and/or neglect, a report must be made to Children's Aid Society. (Highland Shores CAS: 613-962-9291)
- B. If we are told that someone is at imminent risk of doing serious harm to themselves or to someone else, the police, family physicians or other appropriate individuals will be informed.
- C. If you disclose that you have been abused by a health care professional.

GROUP GUIDELINES

Group will start and finish on time and include a break halfway through. During group sessions, however, people are welcomed to move as needed (example: smoke break or use the washroom).

If anyone becomes triggered during group, they are asked to try to stay with the group to work through what they are feeling and take a cool down as needed.

Use of drugs or alcohol during or prior to group is not welcomed. Showing up under the influence of drugs or alcohol can pose a trigger to others who are working on their sobriety. Should you require use of prescribed drugs during or before group that will alter your mood, please discuss this with your facilitator.

We all have a right to privacy and to say “no” when people ask for our personal contact information (including telephone, facebook, twitter, email). Please remember, however, that those facilitating the program will need to have your contact information in case of cancellations.

No one has to talk in group if they do not want to. If you like to talk, please save time for others.

One person speaks at a time so that everyone can participate in everything that happens and so that they feel heard and respected. Please communicate respectfully to others, which means avoiding raised voices, and swearing targeted at others in the group (as examples).

This group is a safe place where we don't criticize or judge each other. Please speak from personal experience (using i-statements) and offer advice to others only when welcomed or asked for.

We recognize that there are many words used to identify others as Trans women and Trans men and that gender lies on a continuum. There are no right or wrong words to use in our self-definitions. Please be respectful of others and the words they choose for themselves.

If at any time between the group sessions you feel that you are at risk of harming yourself, we would encourage you to see help by calling the Crisis Intervention Centre at 613-969-5511 (ext2753) or going to your nearest hospital emergency room.

REPERCUSSIONS FOR VIOLATIONS OF THE CONFIDENTIALITY AGREEMENT

Should the facilitators, mentors or any volunteers involved in TRANSforum become aware that confidentiality of a participant has been violated, the participants involved - specifically the violated party - will be engaged in resolving these concerns and choosing the method to address the situation.

AGREEMENT

I have reviewed and understand the group guidelines and confidentiality and agree to abide by them. I understand that I will be given a copy of this agreement and that the group facilitators will keep the original.

Client Signature:

(dd-mm-yyyy)

Print Name:

Witness:

(dd-mm-yyyy)