

# WHAT TO EXPECT IN VIRTUAL TREATMENT GROUPS

Welcome to Body Brave! This document will provide you with some information about what to expect in your first treatment group.

If you decide to join a treatment group session, we hope that you'll feel a sense of belonging, and develop a supportive community where each participant is respected and listened to equally. Our treatment groups are lead by trained facilitators. Each session is guided with care, fostering a virtual community where respect and understanding are central to every conversation.

As you embark on this next chapter of your journey, know that **you are not alone**. We're thrilled to have you join us at Body Brave, and we're here to support you every step of the way!

## 1 What you will need:

- A private space OR headphones
- Internet access
- Access to a computer, tablet, or smartphone
- A microphone (built in or external)
- A webcam (built in or external)
- Headphones (recommended but not required)

## 2 Privacy:

Your privacy and confidentiality are of utmost importance to us. Our Zoom platform is equipped with the highest level of healthcare protection, ensuring your peace of mind as you share and connect with others.

To respect everyone's privacy, please make sure you're in a private space OR wearing headphones during your session.

## 3 Your Commitment:

We kindly ask that participants commit to **attending at least 8 out of the 10 sessions of a closed-group**. This consistency helps maintain the safety and integrity of the group, ensuring a supportive and cohesive environment. Your commitment is essential for fostering trust within the group

## 4 Before your group session:

You'll receive a reminder notification with the Zoom link the day before and the day of your group session. At the scheduled time, click on the link using a computer with a camera and microphone, smartphone, or tablet.

## 5 During your group session:

Please come prepared to share your thoughts and experiences. We encourage you to keep an open mind, as we embrace diverse perspectives and ensure that everyone has equal time to speak and be heard. This level of sharing takes courage, and your bravery is honoured every step of the way.

Each group will run a bit differently, but here's what you can expect when joining a treatment group:

- **Welcome and Housekeeping**
- **Check-In:** Facilitators will ask a check-in question to help everyone get to know each other better.
- **Main Session:** Facilitators will lead the group according to an agenda (e.g., *educational slides, discussion, etc.*).
- **Wrap-Up and Check-Out Discussion**

Sometimes unexpected challenges, like potentially triggering topics, may arise. During these times, we will provide support and resources to ensure a safe and supportive atmosphere.