

Our main focus for these groups is support and solidarity with fellow young adult patients. We want to foster community and provide tools to navigate real-world challenges. **Please read these meeting guidelines before joining any of our GP groups to help us ensure our meetings are as accessible as possible!**

Group Guidelines

- **Share from your personal experience, rather than generalizing:** we all have different experiences, and what works for one person may not be right for someone else. Feel free to share what's been helpful for you, but please try to avoid giving advice (unless specifically requested) - sometimes people just need space to vent, and that's okay!
- **What's said here stays here, but what's learned here leaves here:** Please don't share personal details about other participants outside of the group, but feel free to use the tools, resources, and suggestions that you learn about!
- **Make the space as accessible as possible for yourself and others:** If there's any way we can make the space more accessible to you, please let us know, and we will try our best to accommodate! As you feel comfortable, this can include:
 - Emailing rosa@generationpatient.org prior to the group
 - Directly messaging one of our facilitators during the group
 - Sharing any accessibility needs directly with the group when you're introducing yourself (either verbally or via chat)
 - Please be mindful of one another's access needs - we want everyone to feel welcome & taken care of in this space! We encourage self advocacy in this space, as well as community care - our facilitators may periodically make reminders about access guidelines during groups, to keep the space accessible to all members.
- **Use whatever communication method feels accessible today:** Feel free to use the chat, raise your hand, unmute yourself (when others aren't talking), etc. Cameras are welcome but not required!
- **Step up, step back:** We love hearing from everyone, and want to ensure everyone has a chance to share!
 - If you realize you've shared a lot, take a pause to see if anyone else would like to speak.
 - If you haven't shared (but want to), feel free to communicate in a way that works for you, or let us know how we can help you feel more comfortable doing so!

- **We take care of ourselves and each other in this space!** We know that sometimes difficult topics come up in these groups. While we encourage folks to utilize content warnings when bringing up potentially challenging topics, sometimes these discussions come up suddenly.
 - We want this to be a safe space for everyone to share their lived experiences, while also being mindful of one another's capacity. We encourage everyone to tend to their physical/emotional needs in the moment (take breaks, turn off camera, use fidget toys, lie down, etc.).
 - Please reach out to a facilitator if something comes up, and we will do our best to brainstorm ways to support everyone!

Friendly reminder: **Feel free to directly message facilitators and/or email**

rosa@generationpatient.org if you have questions or concerns! We will try our best to address any urgent questions/issues during the group, but addressing things in real-time may not always be possible. We appreciate your patience and understanding as we try our best to support all our group members, while simultaneously facilitating a group (it's hard to multitask!).