



Welcome to our virtual Postpartum Support Group!

Thank you for joining our virtual Postpartum Support Group. We are happy that you have decided to join us online and hope you find value in the support of this group.

Our facilitator will strive to provide you with a safe and respectful environment to learn in. You do NOT have to participate in any activities that make you feel uncomfortable. There are no known risks to participating. Please note that attendance at all FHT workshops/programs is documented.

Support Group Guidelines

Although our support groups are meant to be fun and informal, it is important that all participants respect a few 'guidelines':

- Confidentiality: All information shared by other patients in the support group is confidential. Please do not share this information with others outside of the group. This also includes the identities of other participants.
- Respect for Facilitator: Please respect the facilitator's efforts to lead the class and stay on topic.
- Respect for Group Participants: Please do not interrupt or criticize others' questions or comments throughout the support group. Support groups are meant to be supportive so actions or comments that are deemed unsupportive will not be tolerated.
- Safety: In case of a medical emergency, the facilitator(s) will use their best judgment as how to ensure your safety, such as but not limited to, calling 911 on your behalf.
- Zoom: This is a tool that allows us to run the group virtually. There are a few guidelines the facilitator will review with participants at the start of the group. Please respect these throughout the duration of the class. Please do not record any support group without prior written consent from the Guelph Family Health Team, the facilitator and all participants.

I have read this information prior to participating in the support group and

- Understand that this is a support group and is not a therapy group;
- Agree to participate at my own risk;
- Respect the class guidelines; and
- Allow the facilitator(s) to use their judgment to seek reasonable medical attention on my behalf.

If you have any questions or concerns, please contact Shelly Johnson, MSW, RSW (Mental Health Counsellor with the Postpartum Mood Disorders Program) at Shelly.Johnson@guelphfht.com.