



## SUPPORT GUIDELINES & DISCLAIMER

Please review the following guidelines before participating in a Spark Session:

- **Confidentiality:** While we encourage open sharing, please be mindful that Spark Sessions are held in a group setting. We cannot guarantee confidentiality, so only share what you are comfortable with others knowing.
- **Respect for Others:** This is a supportive environment. Please be respectful and considerate of all participants, including their experiences, perspectives, and feelings.
- **Non-Emergency Support:** Spark Sessions are designed for general support and information sharing. They are not a substitute for therapy or crisis intervention. If you are in crisis or need urgent support, please contact emergency services or your therapist directly.
- **Voluntary Participation:** Participation in Spark Sessions is entirely voluntary. You may leave the session at any time if you feel uncomfortable or wish to discontinue.
- **No Recording:** To protect the privacy of all participants, recording sessions in any form (audio, video, or screenshots) is strictly prohibited.
- **Disclaimer of Liability:** TherapyWorks and its facilitators are not liable for any personal decisions or outcomes that arise from participation in Spark Sessions. These sessions are meant to provide general support and are not a substitute for professional mental health treatment.
- **Session Structure:** Spark Sessions are led by a facilitator and therapist who will guide the discussion and ensure that everyone has a chance to participate. Please follow the facilitator's instructions and the session's flow.
- **Zoom Participation:** You have the flexibility to join the session with your video on or off, or by using Zoom's audio-only mode. Select the option that best suits your comfort level and allows you to participate fully in the discussion.
- **Joining Late:** If you join the session late, please do so quietly to minimize disruption.