



## SUPPORT GUIDELINES & DISCLAIMER

Please review the following guidelines before participating in a TherapyWorkshop:

- **Confidentiality:** While we encourage open sharing, please be mindful that TherapyWorkshops 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:** TherapyWorkshops 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 TherapyWorkshops is entirely voluntary. You may leave the session at any time if you feel uncomfortable or wish to discontinue.
- **Recording:** Workshops may be recorded but no attendee information will be recorded.
- **Disclaimer of Liability:** TherapyWorks and its facilitators are not liable for any personal decisions or outcomes that arise from participation in TherapyWorkshops. These sessions are meant to provide general support and are not a substitute for professional mental health treatment.
- **Session Structure:** TherapyWorkshops are led by a facilitator and therapist who will guide the discussion. 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.