



Animal Assisted Therapy Programs of Colorado Virtual Animal Care Workers Support Group

Group Guidelines (To be read at the beginning of each group)

AATPC group guidelines represent the norms to which we expect all group members to adhere and have been agreed upon by your signature in the confidentiality waiver signed before attending.

Attendance: Per our virtual requirements, please use the name you used to sign the Confidentiality Agreement, and edit your name on Zoom to include your pronouns. You are welcome to join any or all support group meetings that fit within your schedules.

Confidentiality: Who you meet, what you hear and all that happens in the group stays in the group. Recording of group information in any format is prohibited. To begin attending this group, you must sign the required confidentiality statement to provide protection and awareness of all members, including yourself. *Remember this is not a crisis service, if you need immediate attention call 911, or your local crisis hotline.*

Respect: Please respect the diversity of identities and levels of experience represented in the group. Do not make any assumptions about others.

Support: Use “I” statements based on your own experiences. We are not here to provide advice.

Stay present: Act as though we are in the same room. If you are not speaking, continue to actively listen and participate in the

group; please do not engage in any other activities. Please stay for the entire duration of the group to respect all members. Keep your video feed **ON** and audio **MUTED** when not speaking. Please silence or mute your cell phones for the duration of the group.

Practice your own agency: You may speak or simply listen, while being mindful of time. If you choose to listen, please refrain from engaging in other activities.

Hold a recovery-focused mindset: Support each other on your respective and unique healing journeys.

Nourish your body while remaining respectful: You are welcome to meet any food or drink needs during the meeting if done respectfully to the other members present.

Questions or comments about our guidelines? Reach out to Anna, Virtual Animal Care Worker Support Group facilitator, at amiller@aatpc.org