

Guidelines

COVID19

Online Sharing/Support Group for NH Social Services Staff

1. This is a **Mutual Support Group** and **not** intended to take the place of individual or group **therapy**
2. **Confidentiality is key.** For your own protection, please use first names only and do not share the name of the facility
3. This session will **NOT** be **recorded**; attendance not taken
4. **One at a time please**, mute yourself when not speaking
5. **Embrace Diversity** in Opinions, Background, Coping etc.
6. Please be advised that information in this session may be triggering. Pause for your own self-care as you deem necessary.
7. This is **facilitated** by Social Work **volunteers** with various backgrounds and levels of experience. We are open to your feedback.