

Group Agreement

We aim for Connect & Create to be a relaxed, welcoming arts-based group where we spend time together and connect through simple, accessible creative activities. You're also very welcome to just sit with a cup of tea too. This is not a therapeutic group, but a calm, supportive session where there is no pressure to share or create in any particular way.

1. Confidentiality

Everything said in group and who attends is confidential within Survivors Network. We ask participants agree not discuss anything which occurs between or among group members outside of the group. If the group facilitator or volunteers believes that a participant or someone else is at immediate risk, they have a professional obligation to take direct action to keep everyone safe.

** For more details, please ask to see Survivors' Network Confidentiality Policy, or find it on our website.*

2. Discussion

This group is not a space to discuss past experiences of sexual violence. This is especially important for people who have open police investigations. Unlike our peer support group, we will not dive too deep into exploring feelings but instead, hold a space where survivors can just be and create if they wish. It is fine to have general chats about how you are doing etc.

4. Appropriate behaviour

We ask for considerate behaviour and compassionate and inclusive language towards all group members. Any challenging behaviour will be addressed by the facilitator. Participants who continue to disrupt or upset the group may be asked to leave.

5. Alcohol and Other Drugs

When under the influence of alcohol or chemicals, persons do may have access to their emotions and have less control over their behaviour. If the facilitator believes that a participant under the influence of alcohol or other drugs, they will be asked politely and discreetly to leave the group.

6. Exclusive relationships

We encourage positive relationships and connections within the group, however, please be mindful that exclusive relationships between or among group members can make other group members feel left out.

7. Self Care & Compassion

Although the environment should always be friendly and caring, attending a group can at times feel overwhelming. If participants need to take a break, they can do so whenever necessary.