

Meeting Agreements

Confidentiality

- Support group is a safe place for sharing personal, sometimes emotional, information
- What's talked about in the support group stays in the group
- Video recording and AI assisted note taking is not permitted (HIPAA privacy & common courtesy)

Respect, Compassion & Zero Tolerance for Invalidation

- Speak from your own experiences, what works for you may not work for everyone
- Avoid talking over or interrupting others
- Allow someone who hasn't yet spoken to do so before speaking again

Zoom Courtesies

- By default, video & audio settings are OFF when you enter a meeting
- If you are new or not recognized, host may ask you to introduce yourself
- Mobile devices move & jitter, turn off video that may bother others
- Use "Raise Hand" feature on Zoom to be recognized for comments or sharing
- Raised hands will be called upon in order favoring those who have not already spoken
- Unmute to speak when you are recognized then mute again when finished
- "Chat" messages can be sent to everyone in the meeting or privately between individuals; be aware chat content remains on the Zoom cloud for two years
- To capture links & information shared in Chat, use "Save Chat" at bottom of its window
- Zoom can be frustrating, if you need help, feel free to ask

Upcoming Kitsap Brain Injury Support Groups

TBI Klatch: every Monday, 10 a.m. on Zoom

MONTHLY Educational meeting: Second Thursday each month on Zoom

IN-PERSON Support Group: Quarterly at Tessera (formerly Skookum) in Bremerton

"My mission in life is not merely to survive, but to thrive and to do so with some passion, some compassion, some humor, and some style."

-Maya Angelou