

LGBTQ+ Support Group Syllabus

Facilitators

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Format and Enrichment Implementation

This is a **hybrid enrichment support group** which requires **90 minutes per week to be spent online** and **30 minutes per week to be spent working alongside a program advocate.**

The class you attend could be as small as 10 students, or as large as 20. There will be 1 main instructor and 1 Advocate support for every 5-10 individuals. This class will alternate between various periods of discussion with accessible and understandable topics. The atmosphere encourages safe and courageous spaces that empower participants to find each session meaningful to their everyday lives.

Numeral Timeline:

8 weeks, 1.5 hr in-class sessions bi-weekly,

.5 hours/week with advocate in-between weeks,

1 orientation and 4 sessions

What We Want to Get Out of Support Group

1. To help LGBTQ+ DV Survivors reconnect with themselves and within their interpersonal skills in order to meaningfully develop progressions into society.
2. To help participants with one on one advocacy in order to integrate contemporary concepts of self-healing with successful approaches from their action plan.
3. To examine any negative messages and images of self and families and encourage positive messages and images.

The Benefits of Support Group for Healing from Trauma

Normalizes Issues: other people in the group share similar experiences and concerns. Knowing that others have felt the way you do shows you that your feelings are normal.

Breaks Down Isolation: sharing information and support makes group members feel less alone.

Group Members Give and Get Support: members feel more supported by being understood. Supporting others helps group members feel like they have good things to offer.

Reality Testing: group members check-out and compare experiences and perceptions.

Networking: even if group members don't become friends they have the experience of being supported and working in a support system.

Learn from Teaching: group members develop a better understanding of their own experiences by helping others understand.



Welcome Reception/ Orientation:

September 22nd and 29th at 5:00-6:30 pm

The welcome orientation is designed to help participants and the facilitators to know each other, and to share personal and professional information in a safe and secure environment in order to begin processing a working advocacy relationship. It’s purpose is to review the program and explore the various impacts of LGBTQ+ and empowerment healing. This allows participants to become familiar with each other and gage the program opportunity to discuss knowledge of program events and staff who play a role in the LGBTQ+ Program.

Topic	Time
Welcome and Orientation	15 minutes
1.1 Identity	25 minutes
	5 minute break
1.2 Andrew: Overall Support Group Curriculum Chloe: One on one advocacy; Healthy Relationships	15 minutes each group
Exiting/ Final thoughts/Evaluation	20 minutes

Exit Evaluation:

A form to be completed following each session for feedback. The link to the exit ticket will be emailed or sent via text. Each exit ticket enters you into a self care give away which includes gift cards and prizes worth up to \$200!

Support Group Overview

Session	Date & Time	Length	Topic
External Waitlist closes	Sept 22nd		
Orientation	Sept. 22nd at 5 pm As well as Sept 29th 5 pm		WELCOME RECEPTION/ORIENTATION
Session 1	9/23/20, Wednesday at 5 pm	1.5 hrs	Personal Power and Self Resilience
Session 2	10/7/20, Wednesday at 5 pm	1.5 hrs	Relationship Insurance
Session 3	10/21/20, Wednesday at 5 pm	1.5 hrs	It gets Better: Community Safety Planning
Session 4	11/4/20, Wednesday at 5 pm	1.5 hrs	Looking back and looking forward: Lavender Graduation

Note on Accessibility:

If you have any medical or other condition that affects your ability to participate fully in any element of the support course, you must inform me NO LATER THAN THE 1ST GROUP MEETING. Once such documentation of a medical or other condition is provided, We will try to meet any special needs you may have. If a new condition arises during the course, official and personal documentation is ABSOLUTELY required.

Safety & Confidentiality Agreement:

You have the right to confidentiality and privacy by the Support Group facilitators and other group members. Confidentiality within the group setting is a shared responsibility of all members and facilitators. While group facilitators may not disclose any client communications or information except as provided by law, group members' communications are not protected. As such, confidentiality within the group setting is often based on mutual trust and respect.

As a member of this group, **I agree to not disclose to anyone outside the group any information that may help to identify another group member.** This includes, but is not limited to, names, physical descriptions, biological information, and specifics to the content of interactions with other group members.

I understand that I have the right to turn off my camera and do not have to disclose any identifying information, such as my name, to other participants.

By my signature below, I indicate that I have read carefully and understand the Support Group Confidentiality Agreements and that I agree to its terms and conditions. I have asked and had answered any questions I have concerning this Confidentiality Agreement and am aware that signing the Agreement is required for my admission to the group. I am also aware that my refusal to sign this Agreement will exclude me from participating in the group.

Participant Signature: _____ Date: _____

Advocate Signature: _____ Date: _____

These guidelines are for the safety of everyone in the group.

1. Confidentiality of other participants' identities and situations. Anything shared in the group is to be kept within the boundaries of group time only. It is fine for you to talk about what the facilitator said or what you said.

2. Respectful Communication. We ask that you do not interrupt others. Comments or solicited feedback must be supportive rather than judgmental or controlling. Please refrain from giving advice, as we believe that individuals know what is best for them.

3. No Oppressive Behaviors. This includes saying hurtful or stereotypical things about people because of their race, class, religion, age, size, sexual orientation, or gender identity. We provide services to all individuals, including people in recovery, people who may be working in or escaping the sex industry and people from different backgrounds. Please try to identify someone you are describing with characteristics other than their race.

4. Alcohol and Drug Use. Please be mindful of your alcohol and/or drug use prior to group. Many other participants may be in recovery, or may be triggered and feel unsafe or uncomfortable by the presence of someone under the influence. If you arrive to group under the influence, and staff feel that your intoxication level is compromising your safety or the safety of other participants, you may be asked to leave for that day or to refrain from participating. Staff are always available to work with you on creating your own plan for staying clean/sober.

5. Freedom to Pass. It is always ok to pass during reading, discussion or share time.

6. Keep us informed. Let us know if you are dropping out of the group, unable to make the group for a certain day or if your childcare situation changes.

7. Please be on time.

8. Monitor your "air time". Though there may be times when the group chooses to focus more on one person's situation or concerns, as a general rule we want to make sure each person has an equal chance to share. If you tend to be more vocal, a good way to make sure other people have a chance to be heard is to stick with one topic/question at a time and/or to wait for 2 other people to speak before speaking again. Also, unless the group collectively decides to go off topic, please try to remain on the subject.

9. Turn off your cell phone during group. If you are aware that you will have to use your phone during the group, please let the other members know when the group starts. If you need to make a call or answer a call and somebody is speaking, please wait until they are finished before leaving the room.

FAQ's

What if material discussed triggers me?

If this pertains to you in some way, our instructors will encourage you to challenge yourself, as well as take care of yourself physically and emotionally in each class session. We understand that survivors of violence may have memories that surface at unexpected times. If you are a survivor, we understand that you may feel conflicting emotions as a participant in an advocacy support program. We encourage your strength in our time together to reflect on your journey to find renewed confidence in oneself each step of the way with us. Something that may influence your experience in this course may be:

- how recently you've experienced violence
- other recovery work you have done
- the support you have available to you
- the trust and bond you feel with other participants and instructors
- the overall experience and structure of the class

Also, if you need something clarified or feel disconnected, please bring it up instead of checking out.

May a child be present if I can't get a babysitter?

If you are a parent or a caregiver, please note that we do not allow children to register for this class. Our class is taught and designed around topics available for individuals customized for a 18+ level of understanding and experience. This class is not appropriate for children to watch or participate in prior to their teen years. As an alternative, we recommend that you reach out to our co-advocate to discuss helpful options such as educational materials to build their learning comprehension skills.

What if I am pregnant, have accessibility needs or medical conditions?

Individuals who are pregnant, have an injury or need accessibility accommodations are welcomed to this class. If you have a condition that affects your involvement with in-session activities, please let us know at the time of registration so that we can best prepare for your participation in this class.

If you need a sign language interpreter please inform us at the time of registration

If you have a hearing loss problem please contact [via email](#). We offer a one on one review session with our class outline.

Registration is handled online through a participant questionnaire or presubmitted through LGBTQ+ Program referral

Zoom Instructions:

1. Downloading Zoom

You can download Zoom for [Mac](#), [Windows](#), [ChromeOS](#) and [Linux](#), as well as the Zoom Mobile App for [iOS](#) and [Android](#) from the Zoom Downloads page.

2. Starting a test meeting

You can [join a test Zoom meeting](#) to familiarize yourself with the Zoom and test your microphone/speakers before joining a Zoom meeting. Visit zoom.us/test and click Join.

3. Joining a meeting

There are many ways to [join a meeting](#), but the easiest way is to click the join link that the meeting host provided. You can also click Join in your Zoom client and enter the meeting ID.



Join

Google Meet Instructions:

1. Make sure you have a Google account. If you're already using Gmail, Google Photos, YouTube, or another Google product, just sign in to your existing Google Account. Don't have a Google Account? [Sign up for free](#).
2. Google Meet works on any device. Join a meeting from your desktop/laptop, Android, or iPhone/iPad. When using a **desktop or laptop**, use any modern web browser, no additional downloads are required. When using a **tablet or phone**, you must download the free Google Meet mobile app. Download from [Google Play](#) or [Apple Store](#).
3. You will receive a Google Meet Invitation via email. You may click on the link to join the meeting or enter the code. Remember, you must have a Google account and if you are using your phone or tablet, the Google Meet app must be downloaded for the link to work.
4. After clicking your meeting code or link, you can adjust your camera and mic and see how you look or turn off the camera and mic before entering the meeting. You'll also get a preview of who has already joined the meeting. You can also turn on closed captions. To turn on closed captions, click the three dots on the Meet screen to bring up the option (available in English only).