



## **Cancer Support Community Greater NY & CT Group Member Agreement**

At Cancer Support Community Greater NY & CT, we believe that community is stronger than cancer. By joining one of our support groups, you are playing an important role in our community.

Support groups can provide a safe space for you to connect with others who are going through a shared experience. We often hear members say, “no one else understands”. In our support groups, we do our best to try and understand through listening and sharing. This can help to decrease feelings of isolation, negativity, and stress.

When you join a support group, you are not only making a commitment to yourself, but also to the other group members, as well as to the facilitator. In order to foster a strong group dynamic and to receive the most out of the group experience, we ask members to please honor the following:

- Commit to attending group sessions as regularly as possible.
  - If for any reason you cannot attend a group session, please inform the group facilitator.
- Commit to attending group sessions for the entire duration.
  - If for any reason you need to arrive late to or leave the group session early, please inform the group facilitator.
- Be mindful of the other group members’ time.
  - When sharing, please be mindful of the time and allow space for all group members to share.
  - Be respectful when others are sharing and be mindful not to interrupt.
  - If you are meeting on Zoom, please mute yourself if there is any background noise that could be disruptive to the group.

Please note: As of January 2022, members are only permitted to engage in clinical services (i.e., support groups, short-term counseling, intakes) when they are physically located in New York or Connecticut.

- If you will be traveling for an extended period of time, please let your group facilitator know. CSCNYCT will attempt to locate a temporary support group option, if you wish.

If you are no longer able to attend your regularly scheduled group, will need to miss your group for an extended period of time, no longer wish to be in a group, or would like to discuss other group options, please call the Clubhouse at 914-644-8844.