Your completed registration for *In Good Company* will confirm an acknowledgment of reading and understanding the guidelines for participation.

**Rosecrance Resilience Program**

*In Good Company:* Family Support Program

To maintain a safe, respectful, and supportive environment for all participants, the following guidelines are in place for *In Good Company*, our family support program.

**\*1. Confidentiality**

* Please respect the privacy of others by not discussing personal details outside the session.
* Do not record or screenshot virtual meetings.

**2. Respectful Participation**

* Allow each person to speak without interruption.

**3. Attendance & Punctuality**

* Attend sessions regularly to benefit fully from the program.
* Log in a few minutes early to ensure a timely start.
* If you must miss a session, please notify the group facilitator in advance.

**4. Safe & Supportive Environment**

* Emotional safety is a priority. All participants should feel heard and valued.
* Derogatory, inflammatory, or judgmental language will not be tolerated.
* The group is a space for support, not a place for venting anger or blame toward your loved one or others.

**5. Substance-Free Participation**

* Please attend sessions sober and in a clear state of mind to fully engage and support others.

**\*6. Privacy in Virtual Settings**

* Participate from a private and quiet space to ensure confidentiality and minimize distractions.
* We require cameras on to be visible throughout the session. Anonymous users or cameras turned off will result in being dropped from the group
* Use headphones if others are present in your environment.

**7. Communication with Facilitators**

* Group facilitators are here to guide, support, and maintain group safety.
* You may contact facilitators outside of session hours with concerns, feedback, or logistical questions.

**8. Registration & Access**

* A completed registration is required before joining the group.
* A secure virtual meeting link will be provided upon confirmation.

**9. Group Capacity**

* To maintain intimacy and effectiveness, group size may be limited.
* New members may join on a rolling basis if space permits.

\*Rosecrance Therapies reserves the right to limit access, make changes or modify programming if necessary. Rosecrance Therapies is not liable for any shared information during support groups; participants waive any rights to confidentiality and will not hold Rosecrance Therapies responsible for any issues.

**Session Dates and Topics: \*Subject matter may change**

| **Week in Cycle** | **Topic** |
| --- | --- |
| July 9, 2025 | **Understanding the First Responder, Frontline Worker and Safety Sensitive Workers: The Lifestyle** |
| July 23, 2025 | **Secondary Trauma and Compassion Fatigue** |
| August 6, 2025 | **Emotional Distance and Reconnection: Boundary‑Setting, Communication & Self‑Care** |
| August 20, 2023 | **Parenting in the Frontline Family System** |
| September 3, 2025 | **Navigating Crisis: Planning & Safety** |
| September 17, 2025 | **Depression, Anxiety and Stress: Symptoms and Coping Strategies** |
| October 1, 2025 | **Building Resilience Together** |
| October 15, 2025 | **Resource Navigation & Referrals** |
| October 29, 2025 | **Knowing Trauma: What happens in the brain?** |
| November 11, 2025 | **The Empty Chair: Navigating the holidays or special events solo** |
| November 26, 2025 | **No Group-Happy Thanksgiving!** |
| December 10, 2025 | **The Power Behind Peer Support and Social Connection**  |
| December 24, 2025 | **No Group- Christmas Eve** |

Please contact any provider in the Resilience Program for questions or concerns. If a safety concern is presented, please contact the Program Director.

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