

Trans Women, Non-Binary Fem, and Intersex Support Group

Group structure

- Format: Check-ins, then discussion of topics, then check-outs
- Discussion Group is capped at 8. Split into two groups if 9 or more members show up.
- This is a support group, not a therapy group. We try to avoid anyone getting triggered, or digging deep into emotions.
- Agreements are made easily accessible for all members, provided to new members upon joining, and reviewed as a group on a regular basis.
- Agreements can be changed as needed.

Rules

- No one is required to disclose anything.
- Respect confidentiality of all that is said.
- No interrupting.
- No slurs, hate speech, name calling, or yelling.
- No gatekeeping.
- Don't tell people what to do.
- Ask permission before giving advice.
- Don't label people.
- Anyone can leave at any time.
- Please give trigger warnings and include what the potential trigger is.
- Please wait to speak until it is your turn or the floor is open for discussion.
- Give space for others to speak. Allow silence to occur.
- Focus on being supportive and seeking support.
- Contact outside of the group is allowed and encouraged.

Facilitator responsibilities

- Enforces the rules.
- Checks in with people regarding challenging topics.
- Checks in with people who haven't spoken for a while.
- Checks in with people whose topic is being discussed, so they have plenty of chances to respond to developments in the conversation.
- Directs the conversation away from triggering content, arguments, and off-topic conversations.
- Initiates the beginning and ending of group. Keeps time.
- Asks prompting and clarifying questions when a person is explaining their topic. Opens the floor for discussion once that person is ready.
- Interjects if a conversation is getting too 1-sided or too back-and-forth. Redirects the conversation to the group.
- Ensures everyone gets an adequate chance to speak.

Challenging topics

- Facilitator goes through with each person, in sequence, to see in what capacity they are comfortable with the topic.
- Facilitator makes note of any limitations or boundaries that come up, and helps to enforce those boundaries during the discussion.
- Members have a chance to leave before the discussion is started, and will be called back in once it is done.
- We want to avoid making people leave the room if possible.

Examples of potential triggers

- Violence
- Abuse
- Graphic medical details
- Sexual topics
- Drugs and alcohol
- Self harm
- Parental issues
- Transphobia
- Ableism
- Food and diet

