

Accepting different styles of communication in a peer support group

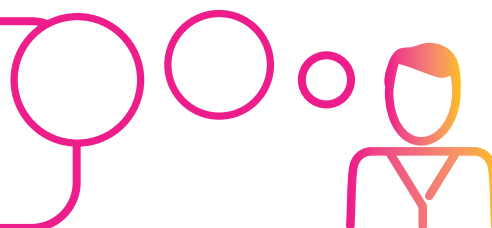


Peer support group facilitator:

Welcome everyone, my name is Jazz.

Group member:

I don't like giving eye contact. I prefer to look away or doodle when I talk.



Peer support group facilitator:

This group is your group and it is a safe, supportive and confidential space for you to express emotions, question thoughts and beliefs, and focus on helpful actions that others in the group may suggest.



Group member:

I prefer to just listen until I feel more confident to speak. I may text or write down my thoughts.



Peer support group facilitator:

Let's start by taking it in turns to check in on how you are doing this week?



Group member:

Hi Jazz, I have had a great week, thanks.





Peer support group facilitator:

It would be great to hear from you all, but you do not have to contribute if you do not want to, and you may do so using your preferred method of communication.

Group member:

I prefer you to ask open-ended questions or provide options or choices.

