

Code of Conduct for Virtual Support Groups

The purpose of the Centre for ADHD Awareness Canada, (CADDAC)'s Support Group sessions is to provide an inclusive and positive environment for participants to share experiences while providing coping tips and ideas. We are here to facilitate a safe space for people impacted by ADHD (Adults or Parents) to share and support each other.

- Everything that is shared in meetings is confidential.
- We are an inclusive and positive space for all participants, regardless of race, sexual orientation, gender, age, disability, social background, religion, and ethnicity.
- Intimidating or abusive behavior, language, or actions will not be tolerated.
- We are not a replacement for therapy, nor are we here to give any medical or legal advice.
- Please refrain from speaking about sensitive topics such as suicidal ideation, self-harm, sexual and physical abuse, or traumatic experiences, this may be triggering for some.
- Substance use during meetings is not allowed.
- Cameras can be on or off.
- To contribute, please raise your hand using the reactions at the bottom of the zoom screen, or if on a phone line please unmute yourself.
- Sharing may be limited to 3 mins per participants to allow everyone the opportunity to speak.
- Please refrain from offering advice.
- Please refrain from providing recommendations on alternative ADHD therapies/treatments.
- CADDAC strictly prohibits the promotion of ads, products, services, and schemes, during the meetings.