



## ACCESSING THE GROUP PROGRAM

If you are interested in attending the B Miles Wellbeing Group for women, please ask your Case Manager or Support Worker to complete a Referral Form and to send it to me. I will then contact you to arrange a meeting with you one-on-one prior to the group. During this meeting with you, I will:

- Gather some information from you to assist me to support you in the groups
- Explain how the groups are run so that you know what to expect
- Inform you about how your information will be stored
- Explain privacy and limits to confidentiality
- Obtain your consent to become a client of Kara Holmes Psychology
- Answer any questions you may have
- Note any requests that you may have for future group topics.

**When:** The groups are held on Wednesdays  
**Where:** Surry Hills  
**Cost:** **Free!** These groups are funded by B Miles Women's Foundation

If you have any questions regarding the group program,  
please contact Kara Holmes on (02) 8036 5512.

## FREQUENTLY ASKED QUESTIONS

### What are the groups like?

The groups are focussed on specific topics (e.g. how to improve your sleep). The topics are designed to develop skills and strategies to improve your wellbeing. I will present information and exercises relevant to the topic. You are welcome to ask questions, to share your experiences, and to discuss the topic with other group members.

### Do I have to attend every week?

The group focuses on a different topic each week. You will get the most out of the program if you attend every week. However, if you are not able to attend each week, you are welcome to attend according to your availability.

### Do I have to share my personal information with the group?

No, you do not have to share your personal information with the group. While you are encouraged to share your experiences and thoughts that are relevant to the topic, you are also encouraged to maintain personal boundaries and to be mindful of what you choose to share. Talking about traumatic experiences is not appropriate for this group setting. If you are unsure about what is ok to share and what isn't, please ask me and we can discuss this.

Please remember that participation includes listening and paying attention, not just talking.



Feeling anxious about being in a group is a normal response. Most of us feel anxious before doing something new like joining a group. Now that you know what to expect, it's probably going to be easier to come along.

### Guidelines

- Please arrive on time and put your mobile phone on silent.
- As a psychologist, I am bound by ethics and legal requirements to protect your privacy. I ask that each one of you protects the privacy of everyone else. This means that we don't share what other group members share in the group with others outside the group. It is ok to share our own experience of being in the group, but we need to leave out talking about other group members.
- The "Pass" Rule: If you are asked a question or asked to do something in the group that is too uncomfortable for you, say "pass" and we will move on without judgement.
- We treat each other with respect at all times. This means that if someone is talking, we listen and wait until they have finished. But please be mindful that you are not talking so much that others don't have a chance to contribute.
- If a group member comes to the group under the influence of alcohol or other drugs, they will be asked to leave.
- I am interested to hear about your experience and your suggestions for the group. If you have any concerns, questions or feedback about the group, please let me know that you would like to speak with me outside of the group.
- You will receive a text message on Tuesdays with a reminder and notification of the topic for the group the next day.

Thank you,

Kara Holmes  
Clinical Psychologist and Facilitator

Phone (02) 8036 5512