



## Online Workshops: What to Expect

### Online Workshops are:

- An opportunity to share experiences
- An opportunity to learn and develop new skills to help cope with different situations
- A place to build self-esteem and confidence

### Benefits of participating in online workshops may include:

- Feeling less lonely, isolated or judged
- Feeling accepted, understood and more connected
- Increased social skills
- Increased network of relationships

### Participant Responsibilities while online:

- Respect each other, including the confidentiality of participants and facilitators
- Allow each other to openly share opinions / information
- Accept each other's differences

### Online Workshops are not:

- A quick fix solution
- Individual counselling sessions
- Not tailored to meet individual needs

### Things to be aware of when participating in an online workshop:

- Facilitators cannot control how a participant may respond to questions.
- Participants may be exposed to thoughts, feelings, stories, behaviours from other participants that they may not agree with.

### PLEASE NOTE:

- If it becomes clear that the participant is needing additional emotional support the Youth Educator may reach out to the participant's parent (registration contact information provided) and/or other emergency services/resources for follow-up if necessary.
- It is required by law to report situations where it is suspected that a participant is at risk of harm. If there is any suspicion that this is or will be taking place and a child needs protection, a call will be made to Children's Aid Society.

Safety. Support. Hope. Building healthier communities – one relationship at a time.

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