evergreen nephrology



The Kidney Connection

What to Expect

The Kidney Connection is a virtual support group created to give you a safe, welcoming space to learn, connect, and talk with others who understand what it's like to manage your kidney health.

This document explains what you can expect from the series and how we work together to make the group supportive, respectful, and helpful for everyone.

What This Group Is Like

A judgment-free space to share experiences, listen, and learn.

- Guided conversations led by a trained facilitator
- A mix of group discussion and optional sharing
- You choose how much you want to participate

There is no pressure to speak. Listening is just as valuable as sharing.

Participation and Sharing

- Sharing is encouraged, but always optional
- You are welcome to talk about your thoughts, feelings, or experiences
- Everyone deserves a chance to be heard

You can participate in whatever way feels most comfortable for you.

Your Privacy Matters

We want everyone to feel safe and comfortable opening up.

Confidentiality

- What is shared in the group stays in the group
- We agree not to repeat or share personal stories or information outside of the sessions

Respect for Privacy

- Everyone gets to decide what they want to share
- Please respect each other's privacy during and after the series

Session Basics

To help sessions run smoothly:

- **Camera:** Please turn your camera on if you're able. If your camera is on, be mindful of what may be visible, such as personal items, or your location.
- **Microphone:** Keep muted when not speaking
- **Breaks:** There are no formal breaks during the hour
  - If you need to step away at any time, that's completely okay

Your comfort and well-being come first.

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