

SFU Disability & Neurodiversity Alliance Support Group Sessions

What is a peer support group?

In a peer support group, people who are “peers” (who have similar or common experiences), gather to:

- Talk about their experiences
- Support each other
- Share information and resources

Who is the Disability & Neurodiversity Alliance (DNA)?

The [SFU Disability and Neurodiversity Alliance](#) (DNA) is a student-led network of community members who identify as disabled, autistic, neurodivergent, Deaf, mad and/or as having a disability, chronic illness, long-term condition, or mental illness. We work together to create campus change, address ableism, and promote disability justice while opposing oppression in all forms. Accessibility is an important issue within our membership and we are committed to addressing this within the educational setting and beyond. As a constituency group under the Simon Fraser Student Society, we serve as the official voice for disabled and neurodivergent undergraduates.

What will happen at DNA's support group sessions?

- Everyone will be given a chance to share thoughts, feelings, comments, or experiences related to a topic.
- One or two facilitators (who are DNA members) will moderate the meeting to make sure that everyone who wants to share gets a chance to share.
- The facilitator(s) will also help uphold the community guidelines.

Community guidelines

By participating in the support group, you agree to follow DNA's [Community Guidelines](#). You also agree to follow the support group's specific guidelines:

- Respect confidentiality
- Expect and accept non-closure
- Give space for everyone to talk / respect people's choice not to talk
- Come as you are / avoid making assumptions about others
- Provide the kind of support people ask for (don't assume someone wants advice unless they ask, etc.)

- Respect others' decisions about sharing contact information or being in contact outside of the group.
- Give content warnings when discussing intense, heavy, or sensitive topics (for example: oppression, violence, trauma, etc.)

Who can attend?

Any SFU student (grad or undergrad) or alumnus who identifies as disabled, neurodivergent, Deaf, mad, and/or as having a disability, chronic illness, long-term condition, or mental illness.

Dates, times, facilitators, & topics

- Current facilitators are the following DNA members: Adriana Cumming-Teicher, J.J. Watson-Mackay, & Denise Arias.
- Upcoming dates/times are:
 - Tues July 4 12pm-2pm, facilitated by Denise and J.J.
 - Mon July 17 2pm-4pm, facilitated by Adriana
 - Fri Aug 4 2pm-4pm, facilitated by Adriana (online/remote only)
 - Wed Aug 9 3pm-5pm, facilitated by Denise and J.J.
- Topics are to be determined! We'll be choosing from [this list of topics](#) suggested by DNA's members.

Location

Hybrid: you can attend online via Zoom or in-person.

- Join the meetings online via [this Zoom link](#)
- Join the meetings in-person at the DNA Resource Centre (Room 1300 in the [Student Union Building](#)).

Accessibility info

- There will be professional CART captioning with StreamText. We are working on getting an automated option as well.
- Please feel free to type/write or speak aloud, or both.
- We will do an access needs check-in at the beginning of the meeting, where everyone can share any accessibility requests if they wish. You're also welcome to do an access check-in whenever you arrive!
- We will have a relaxed space: feel free to fidget, move around, or leave and come back whenever you need to.
- Introduction to Zoom: <https://support.zoom.us/hc/en-us/categories/200101697>
- Any accessibility questions or requests can be sent to access@sfss.ca and access.asst@sfss.ca

Optional Registration Form

Follow this link: <https://tinyurl.com/DNASupportGroupSignUp>