

You are INVITED to join our HD Support Groups: New Groups ADDED!

Northern California HDSA Chapter and the HDSA Bay Area Affiliate offer 4 in-person HD support groups and 3 VIDEO only support groups. **ALL groups are VIDEO until further notice.**

Support Group FACTS



this icon indicates this group is designed as an **IN PERSON group** and will resume meeting in person when safe to do so. The intent of these groups is to have all group members transition back to in person meeting when safe.



this icon indicated **VIDEO groups** that will remain VIDEO even when social distancing restrictions are lifted. The counties served are designed to allow participants to meet others that are potentially near them and may experience similar challenges, barriers to care, etc. due to location.

All groups are **PROFESSIONALLY led** by Genetic Counselors or Social Worker/Therapist and have HD understanding and knowledge.

Population served refers to how you relate to HD: (i.e. you have HD, Care Partner/Caregiver, at-risk for HD, gene expanded, etc.) Those marked *All HD Families* are mixed groups and includes everyone affiliated with an HD family. Care Partner Only groups are only for those persons caring for an HD person.

The **“Counties served”** column are suggestions (not rules), IF you want to attend that group and live outside of the counties listed, you are still welcome to join that support group. Please reach out to the support group facilitator to discuss.

***VIDEO groups are best for peer support opportunities when there is no more than about 15 participants, THEREFORE, if participation in the group gets too large to allow for proper sharing and discussion, we may divide the group to better meet the demand for that group.

Registration: You will be asked to REGISTER ONE time for each support group you plan to attend. The information collected is ONLY for urgent or mandated reporting needs and is ONLY shared with the Facilitator. After registering you will be sent a link personal to you that will be used each month. Families/Spouses that will be joining using the SAME device only need to register as 1 person.

For an invitation
and link to join

Please register at the LINK below of the
group you plan to attend.

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Northern California CHAPTER



SAN FRANCISCO BAY AREA AFFILIATE

We are proud to offer
**VIDEO SUPPORT
GROUPS** to the HD
families we serve!

Despite social precautions right now, we remain committed to offering peer support to the HD Community from the comfort of your home and electronic device!

 *Nothing can replace human contact, but during this time we can maintain human connection. Please join us for the video support group!*

**VIRTUAL PLATFORM
UTILIZED**

ZOOM PRO

HOW TO PARTICIPATE



IF you are NOT already connected with a support group, please e-mail the Support Group Facilitator of the group you would like to join (the one you would join in-person typically) to get the invitation to the next scheduled VIDEO group.



Download the zoom app to your smart phone, tablet or computer with video access.



Prior to your first meeting please use this link to "Test Run" your preferred device: <https://zoom.us/test>.



A few minutes before the scheduled meeting time click the link in your e-mail invitation OR open the app and choose join meeting. Use the Meeting ID and Password from the facilitator to join.

VIDEO GROUP ETIQUETTE



We ask all participants to activate their video to be seen when joining the group. If you have concerns about using the video feature, please reach out to the facilitator directly to discuss.



Be open to new technology! Facilitators can help walk you through how to get connected, turn on video, etc.



For security issues, please do NOT post the zoom meeting information to social media. Please reach out to the facilitator directly if you know someone interested in joining. The leader can e-mail them the information directly.

VIDEO GROUP ETIQUETTE

(CONT.)



What is said in group stays in the group. Please do NOT share any information that is not your own outside of the group. We all want to be responsible for the privacy and confidentiality of each other.



We ask everyone to introduce themselves, but you are welcome to share as much or as little as you would like during the support group.



Please do NOT take photos, screen shots, video, or recordings of the support group, again we want to protect the privacy of each of us.



All facilitators are mandated reporters, while most everything is keep confidential any expressed concerns regarding suicidal thoughts/plans/attempts, danger to others, and/or abuse/neglect we do have to report. (PS -- this rarely happens -- but we have to say it.)







Be aware of your background noise. Please MUTE yourself when you are not talking so others can hear.






We want everybody to have an opportunity to speak without interruption. We attempt to manage/limit overtalking or side conversations as best we can but, if you are having trouble saying what you wish, signal the facilitator with raising your hand via video, or use the chat feature to get the attention of the facilitator.

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| Group Name | HD Population Served | Facilitator | Meeting Dates/Times | Counties Served | Notes |
|--|-----------------------|--|--|--|---|
| Central Sierra and Central Valley | All HD Family Members | Emily Hoogendoorn, MSW egracemcniel@gmail.com | 4 th Wednesday each month, 6:30pm – 8:00pm | San Joaquin, Alpine, Amador, Calaveras, Stanislaus, Tuolumne, Mono, Mariposa, Merced, San Benito, Monterey Madera, Fresno, Kings, Tulare and Inyo |  This group is intended as VIDEO support only, will not have ability to serve families in person. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJwscuuuqTsoGtzEGYI5teG9VUQ0cmSE8mkf |
| Shasta Cascade and North Sierra | All HD Family Members | Natasha Boissier, LCSW HDSAEastBayCaregivers@gmail.com | 4 th Monday each month, 7:00pm— 8:30pm | Del Norte, Siskiyou, Modoc, Humboldt, Trinity, Shasta, Lassen, Mendocino, Lake, Tehama, Plumas, Glenn, Butte, Colusa, Sutter, Sierra, Nevada, Sonoma, Napa, Solano & Yuba. |  This group is intended as VIDEO support only, will not have ability to serve families in person. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJlrfuGpqDMtEtXt75GNA0Zhp9P2t7WuiLJe |
| Northern California Care Partners | Care Partners Only | Maria-Elena Marticorena, LCSW Elenalcsw2020@gmail.com | 3 rd Tuesday of each month, 6:30 – 8:00pm | Serving all Northern California counties. |  This group is intended as VIDEO support only, will not have ability to serve care partners in person. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJErdOisqj8sGd1JSVmqRKSr7ohFQITgGe40 |
| El Cerrito | Care Partners only | Natasha Boissier, LCSW HDSAEastBayCaregivers@gmail.com | 4 th Tuesday each month 7pm -8:30pm | Contra Costa and Bay Area Care Partners |  This group is intended to CONVERT back to IN PERSON when safe to do so and will meet in El Cerrito. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJwrdOuuqj8rH93QxkEF5hleUkUpZ2yuanY7 |

If you have any questions, concerns or feedback (positive or negative) please feel free to reach out to Lisa Kjer-Mooney @ lkjer@hdsa.org or 916.734.6277

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|--------------------------------|-----------------------|--|--|---|--|
| Greater Sacramento Area | All HD Family Members | Lisa Kjer-Mooney, LCSW lkjer@hdsa.org 916-734-6277 | 2 nd Wednesday each month, 7pm-8:30pm | Sacramento, Yolo, Placer, El Dorado |  This group is intended to CONVERT back to IN PERSON when safe to do so and will meet in Sacramento. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJwqfu-srjwqHNB1ybvLTqSem4tLtN0YbTUo |
| Mill Valley | All HD Family Members | Andrea Zanko, MS Genetic Counselor zankoandrea@gmail.com | 3 rd Monday of each month, 6:30pm-8:00pm | Marin, San Francisco, Alameda, Contra Costa |  This group is intended to CONVERT back to IN PERSON when safe to do so and will meet in Mill Valley. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJ0ld-CopzggE90HjdFp8rmG9zJA-m29YovU |
| Palo Alto | All HD Family Members | Andrea Hanson-Kahn, MS Genetic Counselor andreak@stanford.edu | 2 nd Tuesday each month, 7pm-8:30pm | Santa Clara, San Mateo, Santa Cruz |  This group is intended to CONVERT back to IN PERSON when safe to do so and will meet in Palo Alto. Register in advance for this meeting: https://hdsa-org.zoom.us/meeting/register/tJApf--grTgiGNBykU1jEZbPCkoFrYSgUk7I |
| NATIONAL | All HD family Members | HD Social Workers | Changes monthly | United States | www.supportgroupscentral.com/hdsa |

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