

Virtual Safety | CAT Knowledge Exchange

Winter 2021

If you want to leave the session, feel free to step away from your computer, or turn off your camera/mic. If you accidentally close Zoom you can use the link to join the session again when you are ready.

Message ***Support** in the chat box if you need help connecting with any of the available supports.

Available Supports

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| Take care of yourself! You can log back into Zoom using the same link if you need to take a break. You're also welcome to turn off your camera for a break! | Indigenous Elder Presence & Support We're honoured to have two Elders joining us from the Squamish nation as Knowledge Keepers and supporters to our group and 1:1. |
| Need to talk? One of our peers is available to support and listen to you if you want to talk 1:1 during this event. | A registered counsellor is available to connect 1:1 throughout the event by phone, direct messaging or Zoom. |
| The Brave – Be Safe and Lifeguard phone applications are designed to prevent overdoses. | If you're using, let someone know where you are and that you're safe. If you need a buddy, ask the Support Person to connect you with someone through Zoom or phone. |

Accessing the Support Rooms

