

# You are INVITED to join our HD Support Groups!

[Register for HeyPeers here!](#)



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. **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.

## HOW TO PARTICIPATE



**Registration:** Please REGISTER with HeyPeers to join the scheduled VIDEO groups. [Register Here](#)



this icon indicates **VIDEO ONLY groups**.



this icon indicates this group meets **IN PERSON** and may also have video meetings several times during the year.



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 for the group details.



A few minutes before the scheduled meeting log into HeyPeers and the upcoming group should have a button under MyMeetings that says "JOIN", click that and you will be routed to the video meeting.

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



Please do NOT share any information that is not your own story 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.

## Reminders










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.) 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.



New to you technology can be HARD. Facilitators can help walk you through how to get connected, turn on video, etc.

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Group Name	HD Population Served	Facilitator	Meeting Dates/Times	Counties Served	Notes
<b>National Support Groups</b>	All HD family Members	Various HD Social Worker across the U.S.	Varies	United States	 <p>HeyPeers.com.</p>
<b>East Bay</b>	Care Partners only	Natasha Boissier, LCSW <a href="mailto:HDSAEastBayCaregivers@gmail.com">HDSAEastBayCaregivers@gmail.com</a>	4 <sup>th</sup> Tuesday each month 7pm -8:30pm	Contra Costa and Bay Area Care Partners	 <p>Register in advance for this meeting by scanning code above and registering for this group.</p>
<b>Greater Sacramento Area</b>	All HD Family Members	Lisa Mooney, LCSW <a href="mailto:lkjer@hdsa.org">lkjer@hdsa.org</a> 916-734-6277	2 <sup>nd</sup> Wednesday each month, 7pm-8:30pm	Sacramento, Yolo, Placer, El Dorado	 <p>This group meets in person about 6-7 times a year in Galt, CA and meets via video 5-6 times a year. Please contact facilitator for schedule. Video group is run through HeyPeers to register scan code above.</p>
<b>Northern California Care Partners</b>	Care Partners Only	Maria-Elena Marticorena, LCSW <a href="mailto:Elenalcsw2020@gmail.com">Elenalcsw2020@gmail.com</a>	3 <sup>rd</sup> Tuesday of each month, 6:30 – 8:00pm	Serving all Northern California counties.	 <p>Register in advance for this meeting by scanning code above and registering for this group.</p>
<b>Palo Alto</b>	All HD Family Members	Andrea Hanson-Kahn, MS Genetic Counselor <a href="mailto:andreak@stanford.edu">andreak@stanford.edu</a>	2 <sup>nd</sup> Tuesday each month, 7pm-8:30pm	Santa Clara, San Mateo, Santa Cruz	 <p>Register in advance for this meeting by scanning code above and registering for this group.</p>
<b>California</b>	HD Persons ONLY	Cathy Wang, Susan Reynolds & Lisa Mooney <a href="mailto:lkjer@hdsa.org">lkjer@hdsa.org</a> <a href="mailto:sreynolds@hdsa.org">sreynolds@hdsa.org</a> <a href="mailto:Catherine.Wang@ucsf.edu">Catherine.Wang@ucsf.edu</a>	3 <sup>rd</sup> Tuesday each month, 12:00 – 1:30pm	ALL California HD persons or persons receiving HD care in California	 <p>Register in advance for this meeting by scanning code above and registering for this group.</p>
<b>National</b>	HD Bereaved Family	Amy Slavin, Elle Tadina-Siau, Susan Reynolds <a href="mailto:sreynolds@hdsa.org">sreynolds@hdsa.org</a> <a href="mailto:aslavin@hdsa.org">aslavin@hdsa.org</a> <a href="mailto:Eleanor.X.Tadina-Siau@kp.org">Eleanor.X.Tadina-Siau@kp.org</a>	4 <sup>th</sup> Tuesday each month, 12:00 – 1:30pm	Any HD families that have LOST an HD loved one.	 <p>Register in advance for this meeting by scanning code above and registering for this group.</p>

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