

# Welcome! HeartLife Hangout Vancouver Island Women's Support Group

The purpose of this support group is to provide a safe and inviting venue for women with heart health issues to come together, tell their story and build resilience while building community. It is an opportunity to talk freely and share experiences with other women with lived experience. Armed with great information, a positive attitude, friendly support and consistent encouragement we can all improve self-management, which can offer an improved quality of life and better patient outcomes. Our goal is to promote honest, open sharing and the development of a meaningful community of women with lived experience.

We are proud to be affiliated with HeartLife Canada and grateful for their support of this group. [www.Heartlife.ca](http://www.Heartlife.ca)

## Membership Criteria

The only criteria for membership in this group is that you must identify as a female, have experienced cardiac issues and have a desire to build community with other women.

## Meeting Details

- **Date/Time:** 1<sup>st</sup> Tuesday of every month @ 7:00pm / 3<sup>rd</sup> Thursday of every month @ 2:00pm
- For the duration of the COVID-19 Pandemic meetings will be held online via Zoom
- Our hope will be to hold in person meetings when it is safe to do so

## Guidelines for Participation

### 1. Be Kind and Courteous

We are all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required. We ask you to be mindful and adjust your sharing time so that all can participate.

### 2. No Hate Speech or Bullying

Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated. This is a non-denominational based group & all are welcome as long as dialogue is respectful.

### 3. Keep Medical Info Sharing to Personal Experience

Unless you are a doctor or a nurse with experience in the area of question, please be mindful to share only personal experience and not medical advice or guidance.

### 4. Privacy is Serious Business.

Please note that we are a private group and all conversations are confidential. No sharing or Zoom print screens of member conversations are allowed without the explicit prior approval of the member(s) involved.

### 5. Enjoy!

This group is for you. The more actively you participate, the more the members can get to know you. However, you are free to participate as much or as little as you like. Thanks for joining us!

**Contacts** Renee: [renee.vancampen@gmail.com](mailto:renee.vancampen@gmail.com) or Tracy: [tracy@heartlife.ca](mailto:tracy@heartlife.ca)

## Additional Resources

<https://heartlife.ca/>

<https://www.islandhealth.ca/learn-about-health/heart-health>

FaceBook Support Group: Canadian Women with Medical Heart Issues

FaceBook Support Group for those diagnosed with heart failure: HeartLife Canada – Help for Hearts