

CHOICES INTERNATIONAL LLC

Welcome to your support group

Dump Your Junk™ : Emotional Detox

Thank you for taking a step toward connection and emotional well-being. Our men's and women's virtual support groups offer a respectful place to share experiences, practice coping skills, and explore patterns that may be keeping you stuck. You decide how much to share, and you may pass when you are not ready to speak.

At a glance

\$25 per person, per 60-minute drop-in session

Separate adult men's and women's groups, ages 18 and older

An 8-week virtual series on Zoom; register for the sessions you plan to attend

Serving participants located in Maryland, Washington, DC, and Virginia

Facilitated by a support specialist

Before your first session

- 1. Contact CHI.** Ask which group and upcoming session fit your interests. A brief welcome and suitability conversation is required before first attendance.
- 2. Review this package.** Read the scope, benefits, limitations, participation rules, and payment policies. Ask questions before agreeing to participate.
- 3. Complete registration.** CHI will confirm the date, Eastern Time start time, facilitator, available space, secure registration and payment instructions, and any required acknowledgment.
- 4. Receive your private invitation.** The Zoom access link is sent after registration is confirmed. An inquiry alone does not reserve a place. Do not forward the meeting link.

What to expect

Sessions include a welcome and reminder of agreements, a check-in, a guided topic and discussion, and a closing reflection. Drop-in attendance does not require committing to all eight sessions. Each visit offers an opportunity to participate at your own pace; the facilitator helps distribute speaking time.

Questions: contactus@choicesintl.org | [240-389-4685](tel:240-389-4685)

Individual counseling: [Request counseling through CHI's Client Portal](#)

PURPOSE BENEFITS AND LIMITS

Understanding the group

What this group is

A facilitated support and educational space where adults can exchange experiences, feel heard, learn practical coping approaches, and reflect on relationships, identity, stress, and emotional well-being. “Emotional Detox” is a program title for reflection and release; it does not mean medical detoxification or a guaranteed emotional or physical outcome.

Women’s discussions may include motherhood, identity, boundaries, relationships, and emotional overload. Men’s discussions may include fatherhood, identity, anger, relationships, purpose, and legacy. Topics are guided by the facilitator and the group’s needs.

What this group is not

These drop-in sessions are not psychotherapy, individual counseling, diagnosis, medication management, crisis response, or substance withdrawal treatment. Participation does not create an individual therapist-client relationship with the facilitator. The group does not provide individualized treatment plans, medical or legal advice, or guarantees of recovery.

Possible benefits

Connection. Hear from others with related experiences and feel less alone.

Perspective and practice. Consider different viewpoints, name feelings, practice respectful communication, and learn coping and boundary-setting ideas.

Encouragement. Identify personal goals and supportive next steps. Results differ from person to person.

Limitations and possible discomfort

Speaking time and individual attention are shared. Membership may change because this is a drop-in group. Other members’ advice may not fit your circumstances, and you are not required to follow it. Hearing difficult experiences can stir up strong feelings. You may pause, pass, or ask the facilitator for support without giving graphic details.

Privacy depends partly on every participant’s behavior and technology. CHI cannot guarantee that another member will keep information private or that a connection will remain secure. The group cannot replace ongoing individual care or respond to urgent needs between meetings.

When individual counseling may help

Request individual counseling if you need private time to work through trauma, ongoing distress, relationship concerns, or other needs that exceed group support. You may continue with an existing therapist while attending. CHI can discuss a referral with your permission; a separate clinical intake, availability, and fees apply.

[Request individual counseling](#) or call [240-389-4685](tel:240-389-4685).

Learn more: [Mayo Clinic on support groups](#).

RESPECT AND SHARED SPACE

Our participation agreement

Give a turn. Take a turn. Wait a turn.

Give a turn: Make room for others and keep your contribution focused.

Take a turn: Share when ready, speak from your own experience, and remember that passing is welcome.

Wait a turn: Let the speaker finish; use the raise-hand feature and wait for the facilitator to invite you.

A SoSayMe® communication practice created by Laconya Reed.

1. Speak with respect. Use “I” statements. Different experiences and beliefs are welcome. Insults, discriminatory language, threats, bullying, and harassment are not permitted.

2. Listen before responding. Avoid interrupting, cross-talk, and side conversations. The facilitator may redirect discussion or limit speaking time so everyone has an opportunity.

3. Ask before offering advice. Support rather than diagnose, fix, interrogate, or debate another person. Do not tell someone to change medication or stop professional treatment.

4. Honor choice. No one must disclose personal history, answer a question, or participate in an exercise. Do not pressure others to share or explain why they pass.

5. Protect emotional safety. Avoid graphic descriptions of trauma, violence, or self-harm. Briefly identify a sensitive topic and follow the facilitator’s guidance about what is appropriate to discuss.

6. Protect everyone’s privacy. Do not repeat names, identifying details, or another member’s story outside the group. You may discuss your own learning without identifying others.

7. Do not record or capture. No audio or video recording, screenshots, photographs, AI meeting assistants, automated transcripts, or sharing of chat content. Ask CHI in advance about accessibility tools.

8. Attend safely and attentively. Do not join while driving, operating equipment, or impaired by alcohol or other substances. Avoid multitasking and distractions.

9. Keep appropriate boundaries. No sales pitches, recruiting, fundraising, unwanted private messages, or pressure to exchange contact details. CHI does not monitor or supervise relationships outside sessions.

10. Follow facilitator direction. Raise concerns privately with CHI. For safety or repeated violations, the facilitator may pause discussion, move a participant to the waiting room, or end attendance and discuss next steps or a referral.

You may leave voluntarily. If overwhelmed, let the facilitator know when possible and ask for an individual follow-up or referral. Choosing to pause does not require telling the group your personal reasons.

PREPARING TO PARTICIPATE

Privacy and virtual safety

Create a private space

Join from a quiet place where others cannot see or overhear the group. Use headphones and keep screens out of view. No unregistered guests, family members, or children may listen, watch, or share the room. If privacy is interrupted, mute yourself, stop the audio, and notify the facilitator before resuming.

Use the meeting tools thoughtfully

Test Zoom, your microphone, and your connection beforehand. Use a first name or an agreed display name; CHI still verifies your identity privately. Join a few minutes early. Keep your camera on for check-in and participation unless an accommodation is arranged. Mute when not speaking and use the raise-hand feature. Do not share sensitive details in chat or save the chat.

Contact CHI before attending if you need accessibility support, an interpreter, or a camera adjustment. Any additional person or technology must be arranged in advance to protect the group's privacy. If disconnected, rejoin using the same private link; do not ask another member to record what you missed.

Understand confidentiality and its limits

Members agree to protect each other's privacy, but CHI cannot promise that everyone will honor this agreement. Do not assume that every group conversation has the same legal protection as private psychotherapy. Share only what you are comfortable sharing in a group setting.

CHI handles information under applicable privacy requirements. Information may need to be shared to address serious safety concerns, meet applicable abuse or neglect reporting duties, or respond to valid legal requirements. The exact limits depend on the circumstances and applicable law; ask CHI to explain them before attending. This package does not replace CHI's privacy notice or separate clinical consent documents.

Know how to get urgent help

The group, email, and website are not monitored for emergencies. If there is immediate danger or a medical emergency, call **911** or go to the nearest emergency department. For emotional distress or a suicidal crisis, call [988](tel:988) or text [988](tel:988).

During registration, CHI will request a current contact number and emergency contact through an appropriate secure channel. Confirm your physical location privately when requested. If an urgent concern arises during a session, the facilitator may pause participation and help connect you with appropriate care; the group cannot provide continuous monitoring.

General virtual privacy guidance: [HHS group telehealth guidance](#).

YOUR NEXT STEPS

Registration and group policies

Fee and payment. The fee is \$25 per person for each 60-minute session. Pay through CHI's designated payment process before the session. This is a self-pay support group; do not assume insurance or an EAP will reimburse the fee. Individual counseling has separate fees and benefit verification.

Scheduling and attendance. Reserve each session in advance; drop-in means no eight-session commitment, not unregistered entry. Dates, Eastern Time start times, facilitator, and available space are confirmed at registration. Notify CHI if you cannot attend or expect to arrive late. Late entry is at the facilitator's discretion to protect privacy and continuity.

Cancellations and refunds. Cancel at least 24 hours before the scheduled start to receive a refund or transfer the payment to a future available session. Cancellations within 24 hours and missed sessions are not ordinarily refundable; contact CHI about emergencies or unusual circumstances. If CHI cancels a session, you may choose a full refund or a credit. No fee is charged for simply inquiring.

Technical problems. Check your device and internet before joining. If technology prevents participation, notify CHI promptly. If CHI's platform or connection prevents delivery of the session, you may choose a refund or credit. Participant-side problems are reviewed individually.

Suitability and safety. These are adult support groups for participants in Maryland, Washington, DC, and Virginia. The first-session welcome conversation helps check fit. If group support is insufficient or a participant cannot follow safety agreements, CHI may recommend individual counseling or a different service. Fees for any session CHI declines before it begins will be refunded; fees already paid for future sessions will be refunded if participation is ended.

Questions and concerns. Contact CHI about access needs, a privacy concern, a payment issue, or a facilitator concern. Do not send clinical histories, emergency information, payment-card details, or another member's information through ordinary email or social media. Use the secure process CHI provides for personal details.

Participant acknowledgment

I have reviewed the group's purpose, possible benefits and limitations, confidentiality limits, participation rules, and payment policies. I understand that these sessions are support groups rather than psychotherapy or crisis services. I agree to respect other participants' privacy and follow the group agreements. I may ask questions, pass, or stop attending. This acknowledgment is not a waiver of my legal rights.

Name _____ Date _____

Signature _____

Complete any required acknowledgment through the secure registration method CHI provides. Do not email personal clinical information with this page.

Contact CHI: contactus@choicesintl.org | 240-389-4685

Request individual counseling: chi-intl.clientsecure.me

Mailing only: 9701 Apollo Drive, Suite 100, Upper Marlboro, MD 20774