



**Come together
to celebrate all
that you are.**

05.19.23 | NYC

Chronicon Code of Conduct

Know that you belong here.

We know that entering a big event can bring up some social anxiety, whether you are participating in person or virtually. Remember that this space has been created with you in mind and it is set up in a way that we hope helps you feel comfortable and fully supported.

Set yourself up for success.

You know how you function best and we want you to feel physically and emotionally prepared to take in everything we have in store for you. So we recommend that you get ample rest before, pack whatever emergency foods you might need, and map out your transportation well in advance.

If you're joining us virtually:

We suggest having your favorite snacks and drinks on hand, inviting some friends to join you, and clearing your calendar for the day so you can be fully supported!

No unsolicited advice.

At Chronicon, we want everyone to feel safe talking about their health journey -- past, present, and future -- without being overwhelmed by the input of others. We ask that you refrain from giving unsolicited advice. A helpful prompt when in a conversation with someone who might be struggling is to ask them what they need at that moment. If they say that they need advice then feel free, otherwise, listen to what their needs are and move forward accordingly.

Practice active listening.

You're going to be meeting so many incredible and brave individuals who are sure to leave you inspired. We invite you all to listen to each other actively and with presence, seeking to understand and not waiting to respond. This will allow people to feel safe sharing their truth.

Make new friends!

Challenge yourself to speak to new people, make new connections, and grow the power network of people with chronic illness so that it can't be stopped!

Honor The Space

Leave people, places, and things better than you found them.