**Table 1:** Baseline characteristics of participants.

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| **Characteristics** | **All Participants****n = 18** | **In-person participants****n = 12** | **Online participants****n = 6** |
| Mean Age, (and SD) | 53.20 (8.87) | 55.50 (6.69) | 48.60 (4.98) |
| Male (n, (%)) | 17 (94.4) | 12 (100) | 5 (83.3) |
| English as first language, no. (and %) | 17 (94.4) | 11 (91.7) | 6 (100) |
| Born in Canada, no. (and %) | 14 (77.8) | 8 (33.3) | 6 (100) |
| First Nations, Inuit or Métis, no. (and %) | 1 (5.6) | 1 (8.3) | 0 (0) |
| Relationship Status, no. (and %) |
| Married | 8 (44.4) | 6 (50.0) | 2 (33.3) |
| Common Law | 4 (22.2) | 2 (16.7) | 2 (33.3) |
| Divorced | 1 (5.6) | 0 (0) | 1 (16.7) |
| Separated | 2 (11.1) | 2 (16.7) | 0 (0) |
| Engaged | 1 (5.6) | 0 (0) | 1 (16.7) |
| Single | 1 (5.6) | 1 (8.3) | 0 (0) |
| Education, no. (and %) |
| Some High School | 2 (11.1) | 1 (8.3) | 1 (16.7) |
| High School | 4 (22.2) | 4 (33.3) | 0 (0) |
| College or Trades | 6 (33.3) | 3 (25.0) | 3 (50.0) |
| Bachelors | 4 (22.2) | 2 (16.7) | 2 (33.3) |
| Masters | 1 (5.6) | 1 (8.3) | 0 (0) |
| Military training | 1 (5.6) | 1 (8.3) | 0 (0) |
| Employment, no. (and %) |
| Full-time | 5 (27.8) | 3 (25.0) | 2 (33.3) |
| Leave of absence | 2 (11.1) | 2 (16.7) | 0 (0) |
| Unemployed or retired | 11 (61.1) | 7 (58.3) | 4 (66.7) |
| Income (mean, SD) | $111,687.50 ($58,057.93) | $120,909.09 ($64,800.39) | $91,400 ($37,280.02) |
| ACE (mean, SD) | (3.89, 2.97) | (4.33, 2.87) | (3.88, 3.27) |

**Note:** ACE: Adverse Childhood Experiences.