

Meeting Guidelines

We read the guidelines before each meeting to remind us that we are all responsible for following and committing to the group standards, which are in place to keep this group a safe place to share.

Show up on time

To respect everyone's time, anyone who wishes to attend the meeting should join at the meeting start time. Participants attempting to join more than 5 minutes after the start of the meeting will not be admitted.

Share the air

Everyone who wishes to share has an opportunity to do so. No one person should monopolize group time.

One person speaks at a time

Each person should be allowed to speak free from interruption and side conversations.

What is said here stays here

This is the essential principle of confidentiality, and MUST be respected by all.

Differences of opinion are o.k.

We are ALL entitled to our own point of view.

We are all equal

We accept cultural, linguistic, social and racial differences and promote their acceptance.

Use "I" language

Because we do not participate in support groups as credentialed professionals, we do not INSTRUCT or ADVISE. We however do share from our own personal experiences. We are unique individuals, and only we know what is best for our own health (along with our doctor's recommendations). Example: "In my experience, I have found..."

It's o.k. not to share

People do not have to share if they do not wish to.

It's everyone's responsibility to make the discussion groups a safe place to share. We respect confidentiality, treat each other with respect and kindness, and show compassion.