

Meeting Format

DBSA online support groups follow the same format as most DBSA in-person support groups.

Gathering Time

The group assembles. Participants are only accepted up until 10 minutes after the start of the meeting. Facilitators may open the standby room to accept more participants.

Welcome

The facilitator brings the group together and provides focus by reading the welcome statement.

Review what will happen at the meeting and group guidelines—Participants are asked to look over the guidelines at every meeting.

Check-in

The facilitator goes around the room and asks participants to briefly let the group know how they are feeling and what they would like to discuss during the meeting.

Discussion

This is the heart of a DBSA group. Often the discussion will be based on common concerns or themes that came up during the check-in time.

Closing

The facilitator brings closure to the session and makes any relevant announcements.

Post-Meeting Survey

Participants are asked to fill out a post-meeting survey after each meeting they attend, helping DBSA provide high quality groups.