Meeting Guidelines

To keep the online support group a comfortable, safe, and inviting place for all, we require participants to abide by the following guidelines. These are reviewed with the group at the beginning of each meeting.  
  
**What is said in the meeting, stays in the meeting**  
This is the essential principle of confidentiality and must be respected by all participants.  
  
**Differences of opinion are OK**  
We are all entitled to our own point of view.  
  
**Use "I" language**  
Share from your personal experience, say "this is what helped me" or "when I was faced with this problem, I ..." - don't give advice unless asked to.  
  
**It’s OK not to share**  
People do not need to actively participate; much can be gained by just listening.  
  
**Its everyone's responsibility to make the group a safe place to share**  
Treat each other with respect and kindness. Show compassion and respect confidentiality.  
  
**One person speaks at a time**  
Each person should be allowed to speak free from interruptions and side conversations.  
  
**Share the air time**  
Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.  
  
**"Headline" your comments**  
Say the most important part of your comment first. Try to keep your contribution brief and to the point.  
  
**The group leader may interrupt you**  
This is to keep the meeting on track.