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.