

## Support Group Guidelines

*Please be on time; silence cell phones and pagers*

- ❖ Confidentiality first; what is shared in the group stays in the group
- ❖ Share feelings and experiences, but not advice
- ❖ Respect each person's thoughts, feelings and opinions
- ❖ Accept each person without judgment
- ❖ Give each person an opportunity to share
- ❖ Respect each person's right not to share
- ❖ Silence is OK
- ❖ Listen respectfully and attentively
- ❖ Avoid interrupting and having side conversations
- ❖ Support and encourage each other
- ❖ Refrain from using offensive language

