



Guidelines for Virtual Support Group Participants

1. Find a quiet, private place to Zoom. If you must move around, please turn off the camera.
2. Keep strictly confidential what happens here and who is present.
3. Respect everyone's experiences, beliefs and point of view.
4. Listen wholeheartedly to the person speaking.
5. Take turns, share the time together and be mindful of talking too much if others have not had a chance to talk.
6. Be patient when there is silence.
7. Share what does or does not help you and allow others to decide what is or is not helpful to them.
8. Be careful about directly questioning a person—so everyone can choose what he or she wants to talk about and how much to share.
9. You have control over how much you participate in the group. It is OK to cry and to feel however you feel, and you have permission to ask for what you need. If you want to shut the camera off if you feel overwhelmed, that is OK. Come back on when you are ready.
10. When not speaking, keep your audio on mute.
11. No one should record or share this session.
12. If you leave, please let me know, either through chat or in person, so we all know that you are OK.