**Support Group Guidelines & Zoom Etiquette**

* **Absolute Confidentiality - NO Recording**
* **Be Respectful**
* **Empathize with each other’s situation**
* **Be mindful of others; No monopolizing**
* **Keep it in the here and now**
* **Mute audio lines when not speaking –** *Especially when there is noise in the background’*
* **Muting the group by the host can be done.**
* **Keep your screen open throughout the meeting**
* **Be in Private Space or Use Head Phones**