Rules and Guidelines for Peer Support Group Participants

* Everything said and heard in the group will be treated with respect for the participants’ privacy. What is said in the group stays in the group.
* Silence is acceptable. This provides a moment to reflect on what has been shared.  No one needs to feel anxious or responsible to break the silence.
* The group offers respect for individual choices and experiences, Confrontation is discouraged.
* Only one person talks at a time.
* Please respect the group by showing up regularly and on-time.
* The group is a safe place to share feelings, and to obtain and provide support, information, reassurance and encouragement.
* Although the results of the group can be therapeutic, the group is not meant to replace individual therapy.
* Everything said in the group is confidential.
* Avoid individual problem solving.  Individuals can learn from one another’s experiences to solve their own problems.
* When a person speaks, the others should listen actively, with the goal of relating the speaker’s experiences to their own.  Only one person should be speaking at any given time with no interruptions from others.
* Giving or asking for advice is not allowed.  It is empowering and healing for us to gather ideas that can benefit us.  No one of us is an expert and no one knows what is best for another.

Your signature