



FAM SUPPORT GROUP 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. The first two are our Golden Rules* and failure to follow them will result in immediate removal from the group.

We are not a pity party

1*) Sales of a product or service are strictly prohibited and will be grounds for removal.

Have a product or service you want us to know about? Email waldrops@famichigan.org to discuss.

2*) Treat each other with respect and kindness.

It's everyone's responsibility to make the group a safe place to share. Show compassion.

3) What is said in the meeting, stays in the meeting

This is the essential principle of confidentiality and must be respected by all participants.

4) Differences of opinion are OK

We are all entitled to our own point of view.

5) 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.

6) It's OK not to share

People do not need to actively participate; much can be gained by just listening.

7) One person speaks at a time

Each person should be allowed to speak free from interruptions and side conversations.

8) Share the air time

Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.

9) "Headline" your comments

Say the most important part of your comment first. Try to keep your contribution brief and to the point.

10) No doctor or treatment bashing

What does not work well for you might be another person's key to success. Everyone responds differently to professionals and treatments. This is one reason recovery is hard.

11) The group leader may interrupt you

This is just if we need to get the meeting back on track.

12) Please mute yourself when not talking to reduce background noise