



The intention of the ME/FM Society of BC hosted support groups is to provide a safe space for sharing, support and community. Support groups work best when each participant commits to actively attend the group to the best of their ability.

To make groups supportive and safe for all, please agree to abide by the following Shared Understandings:

### Group Conduct

- Create a safe space for all participants by:
  - Being respectful, and listening without interrupting. Please mute yourself when others are speaking.
  - Allow everyone an opportunity to share, and respect others' right to pass on commenting
  - Hear all opinions without judgement, and don't give unsolicited advice
  - Not recording, taking screen shots or transmitting the session in any form
- It is recommended to use the "Raise Hand" (located at bottom of zoom screen) feature to indicate you are wanting to join with a comment.
- It is recommended for video function to be used, as this helps build community and rapport within the group.
- It is not permitted to seek commercial gain by advertising any products or services during the session.

### Confidentiality

- Participants are welcome to change their screen name to First name only, or a pseudonym.
- Facilitators are not permitted to share personal contact information.
- All personal information is shared in confidence and is not to be repeated outside of the support group. To ensure safety, limitations to confidentiality will occur in the event of:
  - Intention to harm oneself or others
  - Suspected abuse or neglect of any kind

### Location

- Please find a private space when you will be joining the group meeting. If you cannot find such a space, use headphones and adjust your screen from others nearby.
- Please remove outside distractions (i.e., do not use cell phones during session).

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Thank you for joining others with your respect and openness.  
We hope these sessions offer an avenue of social support as you navigate your illness experience.