



## Support Group Agreement

We are pleased that you have decided to join a Healing Garden support group. Below are guidelines to make our support group a safe and comfortable place to share. Please review and keep these in mind as you participate in a support group. If you have any questions/concerns, please contact the Director of Clinical Care.

- It is critical that support group members respect the confidentiality of fellow group members. Do not share information about the group outside of the group including who is in attendance and what each member shared. If there is a violation of confidentiality, the group facilitator may ask you to leave the group.
- If the group meets virtually, join the group from a private spot in your home to protect the confidentiality of fellow group members. If you know a household member may walk into the room, use headphones while participating in the group and angle your video away from others in your home.
- For a virtual group, keep your camera on to facilitate trust and connection.
- Be mindful of how much time you use to share. We want to ensure that everyone in the group has a chance to check-in and share.
- Although the primary topic in the group is cancer, other topics may come up. Please understand that the group facilitator may direct the discussion back to cancer-related topics.
- Our support groups welcome individuals with different views about health, illness, and treatment. Be respectful and understand that others may make different medical choices than you would.
- When sharing in a group, it is helpful to let the group know if you are looking for advice and feedback that day or if you wish just to be heard and witnessed. Individuals come to the group with different needs on different days and the group can best honor those needs if they are verbalized.
- Arrive on time to minimize disruptions for others. If you will be late to the group or need to leave early, please email the group leader ahead of time to make them aware. If you unexpectedly need to leave a virtual group early (i.e. important phone call, not feeling well), please let the group facilitator know in the chat.
- In a virtual group, there may be times when the group facilitator has unexpected technical issues. If a group facilitator loses contact with the group, please log off. The facilitator will email you to log back in when the technical issue is resolved.
- To ensure your safety, we ask that you do not join a virtual group while driving.