



Support Group Guidelines

We are pleased that you have decided to join a Healing Garden support group. Below are guidelines to make our support groups a safe and comfortable place to share. Please review and keep these in mind as you participate in a support group.

1. If the group meets virtually, we ask that you zoom in from a private spot in your home to preserve the confidentiality of others in the group. If you know a household member may walk into the room, please use headphones while participating in the group and angle your video away from others in your home.
2. 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.
3. If the group meets virtually, we ask that you keep your camera on during the support group to promote trust and connection.
4. Although the primary topic in the group is cancer, we understand other topics may come up. Please understand that the group facilitator may direct the discussion back to cancer-related topics.
5. Our support groups welcome individuals with different views about health, illness, and treatment. Please be respectful and understand that others may make different medical choices than you would.
6. When sharing in group, it is helpful to let the group know if you are looking for feedback and wisdom that day or if you wish to just be heard and witnessed. Individuals come to groups with different needs on different days and the group can best respect those needs if they are verbalized.
7. Please arrive on time to group to minimize disruptions for others. If you know you will be late for the group or will need to leave early, please email the group facilitator ahead of time to make them aware. If you unexpectedly need to leave a group early (i.e. important phone call, not feeling well, etc.), please let the group facilitator know why you are leaving in the chat.
8. If the group facilitator loses contact with the group due to technical issues, please log off. The group facilitator will email you to log back in when the technical issue is resolved.
9. Remember to mute yourself when you are not talking to minimize background noise.

10. To ensure your safety, we ask that you do not join a virtual group while driving.
11. Support groups do require a minimum number of participants to meet. Please note that if a support group has consistently low attendance, it may be paused or discontinued.
12. Some support groups are ongoing and other support groups are time limited based on the needs of the client community and the Healing Garden's available resources.
13. Based on a change in your diagnosis and/or treatment plan, a group facilitator may encourage you to transition to a different group that will better suit your current needs.

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