

## Guidelines and Rules for Cancer CAREpoint's Support Groups

- 1) Groups start on time. No one will be allowed to join the group more than 10 minutes after the start time without prior agreement and approval by the facilitator. Please be prepared to stay for the entire length of the meeting. If you need to leave early, please let the facilitator know before the start of the group.
- 2) Everyone in the group has a shared responsibility for ensuring confidentiality.
  - Virtual participation: Please ensure that your space is private, no one else should see or hear the group. Earbuds or headphones must be used if you have a space where others can hear your audio.
  - Anything shared in the group should stay in group, and if you talk about anything you learned outside of group, please do not use any identifying information about group members (no names, titles, locations, etc.).
- 3) The facilitator is responsible for guiding the conversation, including check-in, to allow everyone the opportunity to participate. Sharing is encouraged, but not required. Group members should refrain from soliciting information from others and from offering unsolicited advice or opinions.
- 4) When speaking “I statements” are encouraged rather than “we”, “you”, or “they”. The focus is on personal feelings and experiences, not opinions about others or judgements about groups of people.
- 5) Support groups are a space to discuss the psychological/emotional impacts of cancer, including the impact of medical interventions and side effects. Please refrain from sharing graphic details or visuals out of respect for the comfort of others in the group.
- 6) All group members and the facilitator should be treated with respect. Judgement of any person based on their personal choices, political views, medical treatment, self-identity, or any other personal attributes will not be tolerated.

## Rules and Dismissal from Support Groups

Please be aware that all support groups are expected to follow the same guidelines and operate with the same rules, dismissal from one group will result in a lack of access to all Cancer CAREpoint support groups.

- 1) A breach of confidentiality will result in dismissal from the group.
- 2) Behaviors that create a stressful or unhealthy group environment (including behaviors contrary to the group guidelines), that continue after being addressed by the facilitator, will result in dismissal.
- 3) Inappropriate behavior including nudity/sharing of private body parts, aggression, and personal attacks will result in immediate dismissal from that group session and may result in permanent dismissal.
- 4) Behaviors that pose a safety threat to others will result in permanent dismissal.