



Support Group Rules

1. You must agree to the Waiver in advance of the meeting.
2. Support groups are confidential. Do not share details of group members which can identify them.
3. The groups are led by people with chronic pain and/or caregivers.
4. We do not discuss doctors, medications or provide medical advice. We are an educational/support group, not a medical group.
5. Please do not give advice. You can share what has been helpful for you.
6. Please be respectful and avoid inappropriate language. This is a safe place. We are inclusive of all races, ages, genders, and identities. Discriminatory language will **not** be tolerated.
7. No cross talk or talking over others.
8. Every participant will be given an opportunity to speak. Please limit your response time to 2-3 minutes. And please stay on topic.
9. You can elect to PASS if you do not want to speak.
10. The "Chat" feature is only to be used for posting resources.