



Support Group Rules

1. You must agree to the Waiver in advance of the meeting.
2. Support group calls 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 individual doctors or medications or provide medical advice. We are an educational/support group, not a medical group or a therapy group. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding your own medical condition and the appropriate treatment. If you feel that your medical conditions are adversely affected by your participation in this group, it is your responsibility to discontinue participation and to immediately consult with your healthcare provider.
5. Please do not give advice. You can share what has been helpful for you. Please use the “Raise Hand” feature when you want to share.
6. This is a safe place. Please be respectful and avoid inappropriate or offensive language. We are inclusive of all races, ages, genders, and identities. Discriminatory or otherwise offensive language will not be tolerated.
7. No cross talk or talking over others. The “Chat” feature is only to be used for posting resources, not for separate discussions.
8. No eating, drinking alcohol, smoking, or vaping.
9. Every participant will be given an opportunity to speak. Please limit your response time to 2-3 minutes. And please keep on topic. You can elect to PASS if you do not want to speak.
10. Please note that these rules will be strictly enforced, and the group leaders are authorized to immediately remove from the group any person who violates any one of the rules **WITHOUT PRIOR NOTICE.**