



## Support group rules

1. You must agree to the waiver in advance of participating.
2. Support group meetings are confidential. Do not share details of group members which can identify them.
3. We do not discuss doctors or medications nor provide medical
4. advice. The groups are led by people with chronic pain.
5. Do not give advice. You can share what's been helpful to you.
6. Please be respectful and avoid inappropriate language.
7. No cross talk or talking over others.
8. Please limit your response time to 2-3 minutes.
9. You can elect to PASS if you do not want to speak. We welcome people to listen silently if they are not ready to speak.