

## **MDABC Peer Support Group Meeting Agreements**

**For the facilitator: It is suggested that the bold typeface parts of the agreements be read every week with the entire agreements being read if there are new people. Posting and/or distributing the agreements is also suggested.**

We all want this group to be a safe place to share so we collectively agree to the following:

**1 - We agree to keep confidentiality. What is said here, stays here.** If we feel it would be helpful to share something we heard in Group, we do not use names or other identifying information.

***Please note:** All facilitators and group members have a responsibility to disclose to authorities any concerns regarding harm or abuse to self, elders, family or others.*

**2 - We agree to be respectful of others.** We agree that excessive swearing and discriminatory or stigmatizing remarks or jokes such as those based on race, origins, colour, religion, gender, sexual orientation, age, or mental or physical disability are not acceptable.

**3 - We agree to speak from our own perspective using “I statements”.** For example: **“When I felt that way... ” We find sharing personal insight is usually more helpful than giving advice** even when advice is requested.

**4 - We agree to allow the person sharing to finish before checking if they would like feedback or asking questions.**

**5 - We agree to refrain from making comments or having conversations with others in the group while someone is sharing.** We find this to be very distracting to the whole group and disrespectful to the person sharing.

**6 - While at Group we agree to refrain from substance use, self-harm, or aggression towards other group members.**

**7 - We agree not to engage in detailed talk about suicide methods or attempts, self-harm, or substance abuse.** This can be triggering for some people. However, it is all right to talk about one’s thoughts and feelings regarding these issues.

**8 - When talking about mental health practitioners, various treatments, or medications and their side effects, we agree to keep in mind that we are all unique and that these can affect each person differently.**

**9 - We agree to do our best to begin and end Group on time.** If we arrive after a meeting has begun, we agree to join in quietly.

**10 - We agree to silence or turn off our cell phones.** If we need to take an important call or leave the room for another reason, we try to wait until the person sharing has finished.

**11 - If you are feeling suicidal or may harm yourself or someone else, please tell us. We agree to support you to get help.**