



Virtual Wellness Group Guidelines

Here is what you need to know:

- Personal information shared in the group will not be shared with anyone outside of the group.
- Group members do not tell people outside of the group who attends the group.
- Everyone gets a chance to share – Some groups limit each person's sharing time to 10 minutes or so to ensure that everyone gets time to speak.
- If you don't feel like talking or sharing, you don't have to.
- Members are respectful of each other and treat each other with mutual high regard.
- Judging, criticizing, teasing or put-downs are not allowed.
- Group members give other group members feedback only when it is requested.
- A person may leave the group whenever she or he wants or needs to take care of personal needs, to be comfortable or to attend to other responsibilities.
- It is up to each group member how they would like to participate – with video, or audio only, etc.

24-Hour Helpline 1.800.928.8000