

# DBSA Support Group Guidelines

**\*Please take a moment to turn off your cell phone.**

**What is said here stays here** – This is the essential principle of confidentiality, and **MUST** be respected by all.

**We are all equal** – Accept cultural, linguistic, racial, and social differences and promote their acceptance.

**Share the air** – Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.

**It's OK not to share** – People do not have to share if they do not wish to. Much can be gained from just listening.

**Differences of opinion are OK** – We are entitled to our own point of view.

**Share experiences** – Because we know how we have been helped by others, we wish to help others.

**Use “I” language** – No one can instruct someone else, but we can share from our own personal experiences. We can only know what works for us.

**One person speaks at a time** – Each person should be allowed to speak free from interruption and side conversation.

**Give the group a chance** – Come to the group three times to see whether it is valuable to you.

**Please note:** The front door is locked at 6:45pm and there is no “doorbell”.  
We lock the doors to discourage people from walking in off the street.  
So, please plan on arriving by 6:45pm.

**If you must leave before 8:30**, please let your facilitator know.  
One of our leaders can open the doors manually to let you out.  
If the automatic doors are forced, they can be damaged.