



All participants in the PsoCan support group agree to uphold the following principles:

1. **Confidentiality:** We prioritize a safe environment where participants can share personal experiences without fear of judgment or fear that it will be shared outside of the session. By joining the group, you agree to keep what others share confidential. The name you use to register will be used in the meeting and you can choose whether or not to keep your camera on.
2. **Respect:** Every member's perspective, experiences, and feelings deserve respect. Each person will have the opportunity to express themselves without interruption or criticism.
3. **Non-Judgmental Attitude:** We foster a non-judgmental atmosphere, allowing participants to share their thoughts and emotions freely, without the risk of criticism or stigma.
4. **Active Listening:** Active listening is crucial. Members will give their full attention to whoever is speaking, demonstrating empathy, respect, and understanding without interruptions.
5. **Participation:** While active participation is encouraged, we also respect those who may prefer to listen rather than speak. No one should feel compelled to share more than they are comfortable with.
6. **Time Management:** The moderator will ensure that all voices are heard, helping to keep discussions focused and inclusive. If the moderator redirects the conversation at any point, it's to ensure that everyone gets a chance to participate.
7. **Support, Not Advice:** Members are encouraged to offer support and understanding rather than advice. Sharing personal experiences and coping strategies is welcome, but imposing solutions on others is discouraged. The group leader may share educational materials but will not serve as an expert; most insights will come from group members themselves.
8. **Boundaries:** Respect individual boundaries and avoid pressuring others to share more than they wish. We strive for everyone to feel at ease with how much they choose to disclose.
9. **Empowerment:** We aim to support members by sharing resources and tools to help manage challenges outside of meetings.
10. **Professional Guidance:** While support group meetings are a valuable support tool, they are not a replacement for professional mental health services or medical advice. Any information shared related to things like medication, diet, exercise, mental, or physical health is intended to provide ideas and information, not medical guidance. For medical advice and information please consult with your physician. For general information on mental health services in Canada visit: <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>.

These guidelines aim to create a supportive and constructive environment for everyone involved. Thank you for your commitment to fostering a positive group experience!