Support Group Rules

All participants attending Migraine Canada support groups should agree to the following:

1. **Confidentiality**: What is shared in the group stays in the group. Respect the privacy of others.
2. **Respect**: Be respectful and supportive of others' experiences and opinions, even if they differ from your own.
3. **No Judgement**: This is a safe space. Avoid judgment, criticism, or unsolicited advice.
4. **Active Listening**: Listen attentively when someone is speaking. Avoid interrupting or dominating the conversation.
- **No Medical Advice**: While experiences may be shared, this group is not a place for giving medical advice. The group leader may share educational material but is not an "expert" and most sharing of ideas will come from the group.
5. Always consult a healthcare professional for medical concerns.
6. **Participation**: Participation is voluntary. Feel free to share, but it's also okay to just listen.
7. **Timeliness**: Arrive on time and stay for the full session, if possible, to avoid disruptions.
8. **No Selling or Promotion**: This group is for support, not for promoting personal services, products, or agendas.
9. **Respect Boundaries**: Everyone has the right to set personal boundaries. Respect when others choose not to share.
10. **Stay on Topic**: Keep discussions relevant to the purpose of the group to ensure the conversation stays helpful for everyone. To ensure mutual respect during group discussions, side conversations are discouraged.

Disclaimer: The support group is intended to supplement care and emotional support purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Any information shared that may be perceived as advice or recommendations regarding medication, diet, exercise or other aspects are not intended to replace medical advice. Always consult your healthcare provider with any questions regarding your health or medical conditions. Migraine Canada assumes no liability for any outcomes resulting from participation.

AWARENESS. EDUCATION. SUPPORT. ADVOCACY

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