



CFRI SUPPORT & DISCUSSION GROUPS

CFRI's virtual Support and Discussion Groups offer an opportunity to gather together with CF community peers to share experiences and information that are unique to those touched by cystic fibrosis.

Please read the guidelines below to understand what you can expect from our support and discussion groups and what we expect from group participants.

- CFRI Support and Discussion Groups are designed to bring people together to facilitate support, camaraderie and information sharing. Our focus is on encouraging and supporting one another. We do not offer individual or group therapy in the support groups, and this is not an opportunity for counseling, diagnosis, or treatment of specific disorders.
- Only one person should speak at a time.
- Confidentiality is important to all attendees. To ensure confidentiality, you are asked to not reveal participants' names or their personal issues outside of the group.
- There will be a facilitator for each group. Facilitators are licensed and practicing professional counselors. They are required by law to report incidences of child or elder abuse.
- No single person is allowed to take over the group. Be aware of talking too much, controlling the topic, interrupting others, or failing to give quieter members an opportunity to share.
- Respect the members of your support group, including their situations, emotions and perspective. Limit making suggestions to others unless they ask for ideas and advice.
- It is okay to listen and remain silent. Simply say, "pass," if people are going around the group sharing and it is your turn.
- If you want to discuss an uncomfortable experience with the medical system, leave out names.
- In many groups, attendees like to share and trade medical information. The final word about any medical treatment should come from your/your family member's own physician.
- Emergency Disclosure Protocol: If a participant discloses thoughts of suicide, facilitators' top priority in that moment is your well-being. In case of immediate danger, call emergency services or 988. Your safety is important to us, and support is available.
- If you are unable to follow these guidelines, you will be asked to leave.

Thank you for your adherence to these guidelines.