

Cafe Guidelines

In order to create and maintain a safe and beneficial space for everyone, we ask that each group member commits to the guidelines outlined below. These reflect the core values of the group and the Carers Centre:

- This is an opportunity to connect with others and to share peer support during this difficult time. No medical advice or information will be given nor should it be shared by others.
- Show **respect** to other group members at all times. Treat each other respectfully as individuals even when disagreements or differences arise. Understand that we may differ in our identities, backgrounds, ethnicities and gender, and that we are all equal.
- Keep all information that is shared within the group **confidential**. Understand that what is shared within the group remains in the group. An exception to this would be if someone discloses information that causes concern about their safety or the safety of another. If this is the case, the group facilitator will speak to a member of the Carers' Centre team.
- **Listen** to others within the group. Help each other to speak up in the group by giving others time to participate. Remember that some people may not be as confident in speaking up as others.
- Create an **accepting** space for other group members. Not passing judgement on others for their experiences or opinions. Understand that no one is obliged to speak up in the group and no one is obliged to share experiences that they wish to keep private.