



Providing community, education and support to those striving to build their families.

## Peer Support Group Guidelines

### During our meetings...

1. Everything shared inside the group is **confidential** and should not be shared outside the group. This being said, if you see a member out of the group please be mindful they may not have shared with others what maybe going on with their infertility journey.
2. Our support group is a place for gaining support, sharing experiences and learning coping techniques, **not for gaining technical/medical information**. We are volunteer peer led support group and do not provide medical advice, diagnosis or treatment. Our purpose is to share our experiences and what has/hasn't been helpful for us.
3. When discussing providers please be mindful that choosing one is a very personal choice. Please feel free to give your opinion while being considerate of the opinions of others.

### When you become pregnant or become a parent...

4. Please do not announce your pregnancy at a support group meeting. You are welcome to share your news on our Facebook group, but please avoid posting photos of pregnancy tests or ultrasounds. Also, let a board member know so they can add you to our Facebook group for Pregnancy and Parenting. Please keep in mind that even though everyone is very happy for you, they might not be in a good place to receive your news depending on where they are in their journey.
5. We understand that the first few weeks are full of worry and we want to continue to support you. However, it may be particularly hard for some to see a pregnant belly. You are welcome to continue coming to the support group through the first 12 weeks of your pregnancy. Please be mindful of others when talking about your pregnancy within the support group.
6. Please **keep in touch**. If you decide to stop attending meetings, please let us know. Group members genuinely care about you and it can be difficult when people just disappear.

Please feel free to contact us with any questions, suggestions or concerns about the meetings.

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