

Rules of conduct for open support groups

The rules are necessary for the proper functioning and cohesion of the group. Please address any concerns with the counsellor if you need more explanation.

Rules on behavior:

- Listen and respect other members.
- Do not mock or insult others.
- Adopt a non-judgmental attitude.
- Speak for yourself, use the « I ».
- Reserve your right to not speak.
- Be honest with yourself and others.
- Do not interrupt when someone is speaking.

Rules of organization:

- Respect confidentiality by ensuring that you're in a calm room, alone and without any distractions.
- Maintain an adequate posture (not laying down on a bed or sofa for example).
- Keep your camera open and on a stable surface for the duration of the meeting.
- Do not use your cellphone during the meeting.
- Do not eat or drink anything other than water.
- Do not name or share tricks, numbers or foods.
- Do not come to the group under the influence of a substance (alcohol or drug).
- Make sure that you are available for the whole duration (2 hours) of the meeting and stay until the end.
- Fill out the session evaluation form.

N.B. ANEB offers 2 types of open support groups: for people suffering from an eating disorder (OSGED) AND for the loved ones (GOP). To ensure cohesion within the group, we can not allow loved ones during the OSGED groups, nor people suffering from an eating disorder during the loved ones groups.