



Support Group Guidelines for Engagement

- Confidentiality is paramount. We will not share your name with others outside the group
- We expect all participants to respect others by keeping anything shared in the group, within the group
- Your facilitator may not acknowledge you if they see you outside the group
- Respect others' opinions
- Respect that there will be differences between everyone's experiences
- Our facilitators welcome any feedback or suggestions as to how the group could be improved
- Anger or sadness are okay – as long as you are respectful to others
- There is no expectation that you return next time, if it isn't right for you
- The only exception to confidentiality is if your life or someone else's is at risk
- The role of the facilitator is to assist in managing group discussion and may be to provide a framework for the sessions (this depends on the type of group in your region). Facilitators are not trained counsellors or medical professionals and so may refer participants to relevant professionals (with your permission/consent) if this is considered necessary to best provide information or support
- Our support groups are places for gaining support, sharing experiences and learning coping mechanisms, not for gaining technical / medical information. Refer any questions to our 0800 line, email or website

Research shows that in-person support offers significant benefit to mind and body. Fertility New Zealand exists to support people experiencing infertility and we welcome you into our network of support groups, coffee groups, Contact groups and events.