

Black Hills Scleroderma Support Group

AGENDA

November 4, 2020

1. **Group Guidelines** – Briefly discuss group guidelines and confidentiality (*some important ones are briefly outlined below*)
2. **Introductions** – briefly introduce yourself to the group
3. **How are you doing?** A chance to touch base.
4. **How are you dealing with the world of COVID?** Some coping suggestions.
5. **What Are You Looking Forward To?** – Share something that you are looking forward to this coming month.
6. **Meeting Wrap Up** – Closing

General Group Guidelines:

Always be respectful of everyone in the group.

Though we can't guarantee confidentiality, we ask that what is discussed in the group stays in the group. Don't share names with people outside the group. Sometimes people want to keep their health issues confidential and share only with a select few. Please always respect that.

Try to be positive. It's okay to vent and complain---this disease is a challenge and is difficult! This group is here for you to vent and complain and have people listen. One thing that we all need to try to do is come back to positives things in life. That is one way to work to beat this disease!

If you need more time to talk or need to discuss something more in depth, visit with the support group leader after the meeting and he will gladly arrange a time to meet with you.