



Find Community.
Find Wellness.
Find Hope.™

DBSA Support Groups & Chapter Services Training Guidelines

We're excited to have you in this training! These shared guidelines help us create a positive, respectful, and meaningful experience together.

To ensure the best learning environment for everyone, facilitators reserve the right to remove participants who do not follow these guidelines. **Participants must complete the full 8 hours of training to receive a certificate;** make-up sessions are not available.

1. Arrive on time.

We encourage you to sign in 5–10 minutes early so you can settle in and troubleshoot anything before we begin. This helps us start smoothly and keeps the focus on learning once the training begins.

2. Engage fully.

Your presence matters. We invite you to join from a quiet, focused space with your video on so we can connect as a group. Please avoid multitasking or joining while driving. Ask questions, share experiences, and contribute to discussions—your voice enriches the training for everyone.

3. Share the air.

We want to hear from everyone who wishes to speak. Let's create space for many voices by keeping our comments thoughtful and balanced.

4. One speaker at a time.

To ensure everyone feels heard, please allow others to finish their thoughts without interruption. Using Zoom's "raise hand" feature and staying muted unless speaking helps keep the audio clear and the conversation flowing.

5. Honor confidentiality.

This is a shared learning space where trust and vulnerability matter. What is shared here stays here. Please do not share others' personal experiences outside the group.

6. Welcome different perspectives.

We may not all think alike—and that's a strength. Differences in opinion are natural and can deepen our understanding. Let's stay curious and open.

7. Value each other equally.

We celebrate cultural, linguistic, social, and racial diversity. Every participant brings valuable insight, and we honor each person's contributions with respect.

8. Speak from your own experience.

Using "I" statements helps keep our conversations grounded, personal, and respectful.

9. Help create a safe and supportive space.

A positive training environment is a shared responsibility. Let's show kindness, compassion, and care for one another throughout our time together.

Requests for Accommodation

If you need an accommodation, please email chapters@dbسالliance.org at least 5 business days before the training. Include your name, chapter, training name and date, and accommodation request. Please also CC the chapter representative who endorsed your participation. We will review your request and do our best to support your needs.