

GROUND RULES

- What is said here stays here. Group members agree not to share the personal information of other members. (*Facilitators may break confidentiality when a participant shares thoughts about harming themselves or others or discloses child or dependent or disabled adult abuse.*)
- Validate each other, avoid judging each other and assume the best about each other.
- Be an active listener. Avoid interrupting.
- Give helpful, noncritical feedback when asked.
- Group members have the right to speak and the right to remain silent.
- Group members do not come to group under the influence of drugs or alcohol.
- Group members do not discuss topics, behaviors or situations that may be triggering to group members.
- The purpose of this group is to offer and receive support from others with similar experiences. These groups are NOT “therapy groups” and therefore are not for processing underlying mental health symptoms.