

Group Rules

- Group sessions are confidential. Members and leaders are bound ethically and legally not to disclose the contents of the sessions in any way that could identify members of the group. Remember, we are building trust and safety.
- Use "I" statements: Speak from your own experience by using "I" instead of "We", "you" and "us". We can only speak for how we feel, not how others feel.
- Be on time: Being on time shows respect for the process and others.
- Tolerance: Tolerance is acceptance. We must be accepting of our differences in order to grow and learn.
- Breathe: Breathing allows us to feel our feelings and live. Balance, pause and meditate.
- Listen: Effective communication requires both listening and sharing.
- Please ask before giving advice. Don't tell anyone what to do or how to feel. Let them discover their own process.
- Be respectful. Do not use negative body language (roll the eyes, shake the head, etc.) when someone is sharing.
- No rescuing: Letting someone feel is a part of healing.
- Expect and respect moments of silence: Quiet is a form or a process of seeking an answer.