**Support Group Guidelines**

* **Protect Confidentially:** All information shared within the group is to remain private and confidential
* **Be Punctual-** Arriving late and leaving early is disruptive to the class, facilitator and guest speakers.
* **Group Etiquette –** It is imperative for everyone to understand the expectations for respect and personal responsibility. Acceptance of differences (including social, cultural, linguistic differences or where an individual is in their life journey). Respecting each other’s opinions. Refraining from judging people. Using first-person language (“I” statements)
* **Conversation Etiquette:** We must strive to not monopolize the discussions in open grouping as well as small group conversation. Try to limit our responses to a minimum so to give others the opportunity to participate in the conversation. Listening without interrupting. Avoiding personal or side conversations during the meeting and discussions. We must also try to stay on topic and avoid digressing to irrelevant topics.
* **Be positive and Constructive when responding to others:** Learning to deal with conflict in a positive and constructive way, without excessive stress, is an important way to improve well-being as well as relationships with other members. Conflict can be damaging to the group by sparking negative feelings between members and misappropriate energy that’s needed elsewhere. It can also deepen differences and diminish group cohesion.
* **Respect Boundaries-** Boundaries are the framework for healthy and productive relationships. We must always respect and strive to maintain appropriate boundaries. Important aspects are experiential knowledge and confidentiality. Essential to the successful functionality of these features is the proper application of boundaries. Relationship boundaries are established to promote trust, increase safety, demonstrate respect, develop a working alliance (rapport), and provide structure to the helping relationship. They create clarity and predictability for the individual, the facilitator, and the group as a whole.