

**Group Guidelines**

1. Confidentiality and respect of every group member is vital.

2. Every member in the group is important. We will give space for everyone to share. We will demonstrate our compassion and support by active listening.

3. Every group member can choose to what degree they would like to participate. We realize part of the journey can be a silent listener. When you are ready to speak, we are ready to listen.

4. We are here to support one another on this journey.

5. All discussions held in this group will remain in the group.