



The following guidelines were developed so that safety is provided in our support groups. If you feel a guideline is not being followed, please feel free to speak up.

1. In the groups, we recognize that love is listening, and we agree to listen with an open heart, to give mutual support and to practice non-judgmental listening and sharing.
2. We are here to heal ourselves. We are not here to give advice or to change anyone's beliefs or behavior. Being accepted as we are makes it easier for us to accept others.
3. We share from our own experience. By risking and exposing our own emotional state, we find common experience that allows for joining.
4. We respect ourselves and each other as unique; we recognize that each person's process is important, not our judgment of it.
5. We support each other's inner guidance and assist one another in finding our own best answers.
6. The roles of student and teacher are interchangeable. They fluctuate from one to the other regardless of age or experience.
7. We practice being present with others, seeing each person as whole, and not defining them by their appearance, mood, behavior or circumstance.
8. We agree to keep in mind that we always have a choice between peace and conflict, between love and fear.
9. We recognize the confidentiality of what we share in group, recognizing this is important for maintaining the group as a place of safety and trust.