



## Group Guidelines



This group is focused on providing emotional support over shared experiences, and it is very important to us that our group remains a civil, nurturing, supportive and safe space for parents of people with disabilities.

We provide support and friendship to each other as we care for our children. As a support group, we are not focused on any type of treatment or therapy. Rather, we focus on support and information. This group is not intended to be a place for debate, and personal attacks or other unkind words of any kind will never be tolerated. When you participate in any of our support groups, we ask that you respectfully follow these guidelines:

- 1) Use common courtesy and be respectful of others.
- 2) No side talking or private conversations.
- 3) No conversation about vaccines or Autism cures.
- 4) Feelings are neither right nor wrong, good nor bad. All feelings are okay, as everyone responds differently to disability and other life challenges.
- 5) Everyone's presence is appreciated and can be a source of healing for others. No one is required to speak during the meeting. Listening is a gift, too.
- 6) Do not solicit business or membership or financial support for another business or your own private business or promote or advertise a commercial product.
- 7) Everything said in the group is confidential. Please do not share with anyone the names or stories you learn in this room.
- 8) We always reserve the right to ask you to discontinue attending if you're unable to abide by the rules of the group. We reserve the right to refuse, remove or block anyone from this group. We have the right to decide what is not acceptable in this group.
- 9) The group offers respect for individual choices and experiences.
- 10) Although the results of going to group can be therapeutic, the group is not meant to replace individual therapy.