

GROUP GUIDELINES

SAFETY

Don't tell others who was here.

CONFIDENTIALITY

What is said here, stays here.

SPEAK IN THE FIRST PERSON

Talk about what is happening to "you"
Don't talk about people who aren't here.

DON'T JUDGE OTHERS

Talk about your own feelings.

THIS IS YOUR GROUP

If you don't like what is happening, say so.

ENJOY YOURSELF. HAVE FUN