

Group Rules

1. Confidentiality

Anything said between any two or more group members at any time is part of the group and is confidential.

- I understand that everything said in group is confidential. I agree to keep secret the names of other members of the group and what is said in the group.
- I agree to keep secret anything which occurs between or among group members.
- I understand that there is an exception to this confidentiality which applies to the group leader. If the group leader believes that someone is in danger, the leader has a professional obligation to take direct action in order to keep everyone safe.
- I agree not to keep secret from the group anything which occurs within the group. Anything which occurs between or among any members is part of the group is kept secret from anyone outside of the group but is not kept secret from the group. This also applies to any individual meetings you may have with a group leader.
- I understand that if I violate this confidentiality I could be removed from the group.

2. Privacy (The Stop Rule)

No group member is ever required to answer any question, to participate in any activity, or to tell anything.

- If I am asked questions or asked to participate in an activity which makes me feel uncomfortable, I understand that I have the right to pass, that is, the right to refuse.
- I agree that will never pressure other group members to participate in any discussion or activity after the member has passed or refused.
- I understand that the group leader is obliged to protect this right.
- I also understand that I will benefit more from group the more I am able to take risks in sharing and participating.

3. Dignity

No group member is ever humiliated, hazed, or abused in any way. I agree to avoid this destructive behavior.

4. Violence or intimidation

Violence or intimidation toward other group members is never tolerated.

- I understand that I must never be violent or intimidating toward other group members and that if I threaten to harm persons or property, I will be asked to leave the group.

5. Alcohol and Other Drugs

Group members cannot participate in the group under the influence of alcohol or other mind-altering drugs. When under the influence of chemicals, persons do not have access to their emotions & have less control over their behavior.

- I understand that if the leader believes that I am under the influence of alcohol or other drugs, I will be asked to leave the group.

6. Gossip

Gossip and secret grudges can be very destructive in a group.

- I agree that if I have something to say to another group member, I will try to say it to the member directly rather than talk about him/ her behind his/her back.

7. Attendance

Attendance is voluntary, but for the “health of the group” consistent attendance benefits both you and the entire group. Understanding that “life happens” ...

- I will contact the group leader/office to let them know I will not be in group.
- I understand that if I have three unexcused absences, my continued group membership will be discussed.

8. Responsibilities

I understand that it is the group leader's responsibility to enforce these procedures and guidelines. The group may, when it wishes, propose other procedures and guidelines which will be up to the group to monitor.

9. There will come a time to say “Goodbye”

Sometimes it is necessary for a group member to leave the group unexpectedly. This can cause group members to wonder if they have harmed the leaving member.

- I promise that if I must leave the group unexpectedly, if I am able, I will come to a last group meeting and tell the members that I am leaving and say goodbye.

I have read the procedures and guidelines for group and agree to be bound by them while I am a member of the group.

10. “Celebrating Life”

Above all else the primary purpose of the group is to offer support and encouragement to women walking the emotional journey of building a family. With this purpose in mind:

- I promise that I will “celebrate new life” with my fellow journeywomen when it is appropriate ...
- ... and equally as important I will try my best to be there on the days, they need a hug.

Group Member

Date

I promise to faithfully enforce procedures and guidelines for this group.

Date

Kim Sprayberry

Group Leader