Group Guidelines

This group is a space for support, reflection, and being witnessed. It is not a place for fixing, teaching, or optimizing each other. Our goal is to create safety, trust, and room for each person to listen more deeply to themselves. To support that, we ask everyone to hold the following agreements:

Presence and Care

- Please arrive on time and do your best to be present.
- Listening is as valuable as speaking. It is always okay to sit quietly.

Confidentiality

- What is shared in the group stays in the group.
- This includes people's stories, their children, partners, and even participation in the group itself.
- Please do not share group content on social media or in conversations outside the group, except for what you choose to share about yourself.

Non-Judgment and Non-Fixing

- It is normal for opinions, reactions, or ideas to arise internally.
- In this group, we practice noticing those reactions without directing them toward others as evaluations, judgments, or advice.
- Please avoid comments that critique how someone handled a situation or suggest what they "should" do.

Curiosity and Respect

- Refrain from analyzing or interpreting another person's motives.
- Instead of explaining someone's experience, offer acknowledgement or gentle curiosity.
    - For example: "That sounds really hard," or "I'm curious what that felt like for you."
- Avoid probing or problem-solving questions. Respect the level of detail others choose to share.

Advice and Suggestions

- Wanting to help is human.
- In this group, support usually looks like presence and understanding rather than solutions.
- Please wait to offer advice unless someone clearly asks for suggestions.

Speaking From Your Own Experience

- Take responsibility for your own feelings and responses.
- When sharing, it can be helpful to use "I" statements, such as "I feel…" or "I noticed…"

When in Doubt

- Acknowledgement is always welcome.
    - "That sounds challenging."
    - "I hear how much that affected you."

The facilitator will help guide the conversation and redirect if needed, so no one has to self-police or manage the group.

Thank you for contributing to a space built on respect, care, and trust.