

1. Be Kind and Courteous

We are all in this together to create a welcoming environment. Let's treat each other with respect. Healthy debates are natural, but kindness is required. The topics we process may respectfully challenge us sometimes. While this is true, we are not here to win arguments, but rather to provide mutual support. By signing this covenant, we are all agreeing to do our best to show up at scheduled events. Call ahead if you cannot attend or will be late.

2. No Attacking or Bullying

Make sure each participant feels safe. Bullying of any kind is not allowed, nor is degrading comments about other people's views or characteristics. The facilitator reserves the right to redirect conversations that do not seem to be supportive to everyone in the group. If you are feeling attacked, you may ask for a change of subject or approach.

3. No Promotions or Spam

Let's all put others interest before our own. Self-promotion, spam, and irrelevant links aren't allowed.

4. Respect Everyone's Privacy

Being part of this group requires mutual trust. Authentic expressive discussions make groups great, but can sometimes be sensitive and private. What's shared in the group must stay in the group. By signing this agreement, you are agreeing to confidentiality of those who have shared, unless by specific permission of the person involved. The only exception is the group leader may need report something that includes legal abuse or neglect, particularly of a minor.

5. Anyone May be Asked to Step Away

When facilitators believe any person is interacting out of harmony with what is best for the group, the person may be redirected. This might include asking the person to step out of the group meeting. A facilitator may be available to meet with that person individually to help that person or couple to continue their journey of healing. Fees or donations are not refunded when someone stops participating.

6. Disclaimer

This class is NOT Professional Health Services.