

Haven of Hope & Healing, Inc.



Permissions and Ground Rules for Support Group

This is a safe, welcoming place.

What is spoken here, stays here.

Share only as much as is comfortable for you.

Listening to others is a good growth experience, too.

If you feel pressure to talk and don't feel like it, say so.

Your story is true and unique and not open to comparison.

Your grief is unique to you.

We will avoid giving advice.

We will listen and not interrupt.

Each of us has equal time, we do not monopolize.

Your spirituality and belief system is yours and is to be honored.

Thoughts and feeling are neither right nor wrong, they just are.

This is a support group, not a therapy group.

*Support means I will walk with you.
I will not try to change you or how you feel.
I will simply be here beside you.*

From A Caring Manual for Support Group Leaders

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