



Support Group Guidelines

To help everyone feel safe in the group, we ask that all participants agree to the following guidelines:

- Participants agree to be respectful and tolerant of different experiences and opinions, including not interrupting or criticising other group members.
- All information shared in the group is confidential; this includes not sharing or discussing other peoples' stories outside the group, even without using their names.
- The group is for individuals to share their experiences and hear the experiences of others. Rather than give advice, we ask that participants be mindful of each person walking their own path through adoption.
- Respect any expression of sadness or grief and avoid rushing to provide comfort, interrupting, or changing the subject.
- Group time is to be shared amongst those who wish to speak. The facilitators will intervene where necessary to ensure that time is shared amongst participants.
- Be mindful of aggressive language or excessive swearing as this may make the space uncomfortable for some participants.
- We ask that everyone endeavour to come on time and stay for the whole time, as far as possible.
- The facilitators may interrupt and move the conversation along and request a participant to 'take a break' or to leave the support group if necessary.
- We ask that all participants refrain from the use of/ or being affected by alcohol and drugs whilst participating in the group.