



Support Group Ground Rules

1. **Confidentiality first.** What is said in the group, stays in the group.
2. **Share feelings and experiences, but not advice.**
3. **Accept each other without making judgments.**
4. **Listen to each other.** Give everyone an opportunity to share.
5. **Avoid interrupting or having side conversations.**
6. **Silence all cell phones, pagers, and Blackberries.**
7. **Always be honest.**
8. **Have a positive attitude.**
9. **Be on time.**
10. **Be respectful and sensitive to others.**
11. **Be supportive and encouraging to each other.**
12. **Refrain from using offensive language.**
13. **Keep drinks in closed containers.** Food is allowed if medically necessary or provided by or for the program.
14. **TCL is for ages 18+.** Children under 18 may only attend if not disruptive to the participants.

*Breaking these rules may result in permanent dismissal from the TCL Program.

Note: Even though our goal is to support each person, this particular group may not meet your needs. Before deciding this group is not for you, however, we hope you will attend at least 2 meetings.



Take Charge Lite Program

In Progress