



# CLUBHOUSE RULES

- 1.** **We do our best to be on time.** Entering late can disrupt others; if for some reason you are running late, please quietly enter the meeting and wait to be acknowledged by the leader.
- 2.** **We will protect and safeguard the identity and stories of others.** This MUST be abided by to ensure the group stays safe for everyone. Sharing details outside of group regarding conversations or identities of group participants is strictly prohibited and will result in removal from the group.
- 3.** **We share our individual stories and listen to others without judgment, criticism or attempts to fix.** This includes the opinions and points of view of others, how each person is choosing to grieve, and any differences in culture, lifestyle, religious beliefs, etc.
- 4.** **We will not monopolize or dominate the conversation,** or interrupt when someone else is talking. We will also respect a person's choice not to share.
- 5.** **We will keep it clean** and refrain from using offensive language or making jokes of a sensitive or off-color nature.
- 6.** **We will use "I" language** and share from our own experiences (example: When I feel anxious, something that helps me is...). We will not tell others what they should/should not do, say, think, feel, believe, etc.

**PLEASE NOTE...** It is a priority that this group be a safe place for all participants. Violations of group guidelines that result in the physical, emotional, mental, financial or spiritual harm of another group member or the group as a whole will be grounds for permanent removal from the group. If you have any issues or concerns regarding the group, please contact the group leader privately.