YOU ARE LOVED

Support Group Ground Rules

To keep the group safe, we have established some housekeeping or ground rules. These ground rules are part of the group member contract and can be found on the website. If you feel something is missing from these guidelines, please let us know. These foundations are essential for maintaining a safe group environment; it's important that you feel comfortable informing us if you believe something crucial is absent.

Housekeeping – toilets/fire safety/etc. If everyone could keep their phones on silent or off during the meeting, to avoid any disruptions.

Abusive Behaviour: All attendees must respect the rest of the group, staff and volunteers. Any abusive behaviour will not be tolerated, and you will be asked to leave.

Confidentiality: All information shared within the group is kept confidential. Thoughts, feelings, and experiences shared in this group will remain within this group. Please respect others' right to confidentiality and do not use the names of fellow participants in discussions outside the group.

Respect: It is essential to respect both your own grief and that of others. Every relationship and loss is unique, and people respond differently.

Freedom of speech: You may choose to share or remain silent. If you feel pressured to talk but don't want to, say so. The group will respect your right to quiet contemplation.

Feelings: Feelings are neither right nor wrong; they just are.

Interrupting. Please make every effort not to interrupt when someone else is speaking. We will endeavour to ensure everyone has equal time to express themselves.

Attendance. Please try to be on time. If you decide to leave the group before the session is complete, be willing to discuss your decision with the group or let one of the You Are Loved team know.

Avoid "advice giving" unless a group member specifically requests it. If advice is not solicited, don't provide it. If a group member poses a question, share ideas that helped you if you faced a similar situation.

Non-judgement. Recognise that thoughts and feelings are neither right nor wrong. Enter into the thoughts and feelings of other group members without trying to change them.

Drugs and Alcohol: We kindly ask that you do not use drugs or alcohol during group sessions. These substances can impact safety and wellbeing. Disruptive behaviour may result in being asked to leave the group.