

A Creed for Support Group Meetings

We are a group of people with a common bond, sharing our troubles, experiences, understanding, strength and wisdom

We listen, explore options, and express our feelings. We do not prescribe, diagnose, or give advice ... we suggest

We are accepting and non-judgemental to group members.

We know what we share is confidential and that we have the right to remain anonymous if we choose.

We have the right to take part in any discussion or not.

We each have the right and opportunity to equal talking time and the right to remain silent.

It is important that we actively listen when someone is talking and avoid having side conversations.

We encourage "I" statements, so that everyone speaks in the first person.

We each share the responsibility for making the group work.

Having benefited from the help of others, we recognise the need for offering our help to others in the support group.

