



Carolina's Compassionate Counseling LLC

Copy of Group Expectations 1

The purpose of this group is to provide connection among women within the community in order to promote connection, support, and overall self acceptance. As group leaders our utmost priority is creating a safe space where participants feel willing to engage in discussion and open up about their experiences.

In order to create this space, there are non-negotiable guidelines for participating in group work. We reserve the right to remove an individual from group if they are being harmful towards other members or disrupting the safe space of the group meeting.

1. Be honest - this process only works if you are willing to share and discuss what you are comfortable with.
2. This is a judgment free zone - everyone is different and that is what makes group work beautiful! In order for every member to feel comfortable engaging, discussion needs to be free of judgment or shame.
3. Be respectful - please refrain from interrupting other members, using your cell phone during discussion, and derogatory/harmful language towards others.
4. Time - while we encourage everyone to share and discuss what they are comfortable with, please be mindful of everyone's time! As a leader, if an individual is dominating a majority of group time we reserve the right to transition the conversation to somebody else. It is not personal! This is a group and everyone should have the opportunity to share.

Please initial below:

Remember; group work is built on the members, the process works when you are willing to engage in the group. We are always welcome for suggestions on what topics you would like discussed or what activities you would like to see in group!