

LIVING *in the* WAKE of ADDICTION



Ground Rules for Courageous Caregivers©

1. Please arrive on time so we can start and end on time.
2. Please remember to protect and keep confidential the names, identities, and personal stories of fellow members.
3. Please be aware to take an appropriate fraction of the group's time and attention when it is your turn to speak. Facilitators may ask you to bring your comments to a close so there is time for everyone who desires to share to do so.
4. Please remember to protect and keep confidential the names, identities, and personal stories of fellow members.
5. Cross-talk is discouraged – to clarify: this means while someone is sharing you do not offer comments or feedback while they are speaking. Advice giving from the participants is offered only if requested and after the person is finished speaking.
6. Members may choose to share or at times remain silent.
7. If there are unexpected/emergency reasons for not holding the group, Gloria will call and email you. Please make sure she has both your cell and home phone numbers.
8. Gloria welcomes feedback and suggestions about the structure and content of the group. Please email or call her or speak with her privately after the group closes for the evening.