



Membership Assistance Program (MAP) Support Group Rules

Welcome! This group is a place where we help each other. It's not the same as going to a doctor or therapist. We want everyone to feel safe, supported and respected, so we have some simple rules:

1. **Keep things private.**

What we talk about in this group stays in the group. Don't share it outside.

2. **Talk about yourself.**

It's okay to tell your own stories and feelings, but don't tell others what to do.

3. **Work together.**

Everyone helps make the group a safe space.

4. **Be kind.**

We try not to judge others. We accept people just the way they are.

5. **Take turns.**

Everyone gets a chance to talk.

6. **You can talk or stay quiet.**

You don't have to share if you don't want to.

7. **Listen when others are talking.**

Don't talk with someone else at the same time.

8. **Don't interrupt.**

If you do interrupt, give the floor back to the person who was talking.

9. **Ask questions if you want.**

You don't have to answer if you don't feel like it.

10. **Talk about how you feel right now.**

Try not to focus too much on the past.

11. **Don't talk about people who aren't here.**

12. **Start and finish on time.**

13. **Send texts to group members.**

Use group chat to share meeting reminders and kind, encouraging words.

Note: This group might not be the best fit for everyone. But we ask that you try coming to at least two meetings before you decide.