



Some Important Ground Rules

1. Everyone will have the opportunity to speak, but will not be under any obligation to do so.
2. All information disclosed is private and confidential. However, we can't guarantee in the hybrid model as other people might be behind the cameras in the room. We also cannot guarantee confidentiality during in-person meetings because many (or several) people are present. However, does everyone agree to honour others' confidentiality?
3. All expressions of feeling, including laughing and crying, are allowed.
4. We will not interrupt when someone is speaking about something important to them.
5. We try to be sensitive to the feelings and opinions of others.
6. This is your group! Suggestions and feedback are encouraged and welcomed! We encourage sharing and suggestions but not advice giving such as "you have to...).