

WEDNESDAY'S GROUP 7:30PM-8:30PM EST
(EASTERN STANDARD TIME)

- Please put yourselves on mute unless you are speaking.
- The main purpose of this support group is to provide a safe place to share.
- Sometimes you may want to listen and learn. It's ok to say "pass".
- Sometimes you may need to speak from your heart.
- Most times bearing witness to someone else's pain is enough to help them lay their burden down.
- It is imperative that we respect each other by not interrupting, correcting, or advising. We are here to listen and support.
- Whatever you hear here, stays here. Anonymity is a top priority. We have already been betrayed so please do no further harm to each other by sharing someone else's story.
- Please make sure there are no children or others in the room with you.
- You are all welcome to share. When you want to speak, please wait for me to ask for comments, raise your hand, and let me call on you. Then unmute yourself. Please say your first name when you are sharing.
- If you are new to the group - please say your first name and if you're comfortable you may take a few minutes to share what brought you into the group.
- Please do not take offense if I ask you to pause. We are limited on time.
- Thank You for putting your trust in me and each other. You are wanted here.