

Family Skills Training

Group Participation Agreement

For our group to feel safe, to be supportive, and to have an effective place to work, we agree to the following:

- To seek solutions, not just focus on problems
- To all be here for the same purpose
- To be vulnerable and let our guard down
- To be open and share
- To be honest
- To listen
- To be respectful
- To maintain confidentiality
- To be committed
- To be hopeful and go in with an open mind
- To encourage and support each other
- To be understanding
- To be non-judgmental
- To accept that we are each unique and different
- To be empathetic
- To take our work serious
- To work hard
- To not have a “pity party”
- To use laughter
- To do the work necessary
- To validate one another
- To ask questions to clarify
- To come rested and ready to learn

I agree to participate in these ways.

Name

Date