**Group Norms and Rules**

1. Participants are required to be on time and attend each session.
2. Participants cannot miss more than one meeting without having to withdraw from the group unless there are extenuating circumstances and it is discussed with a facilitator prior.
3. Confidentiality is a MUST. If a participant shares information with an outside, they will not be allowed back.
4. If a participant is going to be late, it is required they inform a facilitator.
5. Participants are expected to create a welcoming environment for everyone involved.
6. Participants are expected to be respectful and courteous of other participants.
7. Participants are discouraged from interrupting and making disrespectful remarks.