



SUPPORT MEETING INTRODUCTION, GUIDELINES & GROUND RULES

- Hello and welcome to our monthly PFLAG support meeting. We or someone we care about is Lesbian, Gay, Bisexual, Transgender, or Queer & Questioning (LGBTQ for short).
- We're glad you're here and encourage you to attend as many meetings as possible. It's our hope that each of us reaches a point of being whole and secure in our understanding and acceptance of ourselves or our LGBTQ loved ones. When that happens, that's when we realize the group needs us the most.
- This is a support group, not a therapy group. We provide support by listening carefully, sharing our own stories, and discussing our own problem-solving experiences.
- We're sensitive to each person's stage in the acceptance process and where they may be on their journey. We're supportive rather than confrontational. Anyone who is made to feel uncomfortable may speak with the facilitator privately after the meeting.
- Although our meetings are scheduled until 8:30, we may end them sooner if we feel we've covered everything. In addition, feel free to step out during the meeting to make a phone call or to use the rest room, or to leave early if you must.
- First, we'll go around the circle and share our first names, and a brief sentence or two about what brought you to PFLAG or what you hope the group can help you with. If you prefer not to speak at this time, please feel free to just say your first name and pass to the next person.
- After the initial introductions, we'll go around again and invite everyone to share more about themselves and what they're feeling if they'd like to.
- In order to give everyone the opportunity to speak, please be mindful of how much time you may be taking, and please don't be offended if the facilitator has to interrupt you because we need to move along to someone else.

Some important ground rules we ask everyone to adhere to before we begin:

- Privacy and confidentiality is a fundamental agreement for all who participate in PFLAG and is a top priority. We hold all information in confidence, and everyone should feel safe and respected. Everything that's said in this room stays in this room. You're welcome to share some of the stories you hear about tonight, as long as any names or personal details are left out. Please turn off your cell phones and any voice-recording devices.
- We speak from our own experiences and respect the experiences of others, so please keep an open mind and be willing to offer support to everyone.
- Please refrain from political or religious comments meant to convince others that our viewpoint is best or because we simply want to vent. We're all from different backgrounds and beliefs.
- Please show your agreement to these guidelines and rules by raising your hand.

THANK YOU!