Afterglow

Support Group Guidelines & Consent

Welcome to our shared space. To help create an environment grounded in warmth, emotional safety, and mutual respect, we invite everyone to honor these shared agreements:

Honoring Privacy & Trust. Everything shared in this room stays in this room. Please hold the names, personal stories, and vulnerable moments shared here in gentle confidence.

Embracing Every Experience. We welcome feelings and experiences just as they are. There are no "right" or "wrong" feelings, and all parts of your story belong here.

Caring for Yourself First. You are the expert on your own needs and well-being. If you need to step away, stretch, or take a gentle break at any point, please feel free to do so without hesitation.

Showing Up in Your Own Way. Simply being here is a gift. There is never any pressure to speak - compassionate, attentive listening is just as meaningful a contribution as sharing aloud.

Speaking from Lived Experience. When you share, we encourage using “I” statements rather than generalizations like “we” or “you.” Focus on speaking from your own lived feelings and personal journey.

Holding Space, Not Fixing. It is natural to want to help, but we intentionally set aside advice-giving, problem-solving, and trying to "fix" things. We trust each person’s inner wisdom and ability to navigate their own path.

Listening with Presence. When someone speaks, give them your full, uninterrupted attention. Listen to understand and connect with their humanity, rather than planning what to say next.

Trusting What Is Offered. What each person chooses to share is always enough. Please refrain from probing or asking questions for more detail; we honor whatever is offered in the moment.

Welcoming the Quiet. Silence is a natural, nourishing part of our time together. It offers us room to breathe, digest, and reflect. There is no need to rush in or feel responsible for filling the quiet.

How Our Time Flows

To balance personal connection with gentle learning, each session unfolds in two intentional parts:

Part 1: Shared Reflection & Connection. We begin by opening the floor. You are invited to share whatever experiences, thoughts, or emotions you are carrying with you into the room today.

Part 2: Exploration & Discussion. We shift together into a psychoeducational theme or topic, followed by an open, collaborative discussion where we reflect on insights, shared patterns, and takeaways.

Ending. We end with a guided meditation for a nervous system rest and to close out our time together feeling calm and connected. Of course, babies are going to make their natural sounds, and that is not a disruption, but rather, part of the lived experience of parenthood.

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Support Group Consent & Agreement

Welcome. Creating a space where everyone feels seen, heard, and supported takes intentional care from each of us. When we all invest in the group, we build the safety and connection that make this experience meaningful. By joining, you are agreeing to share in that commitment through the following intentions:

Showing Up for Yourself and Others. Please plan to arrive on time and attend all six sessions. When everyone shows up consistently, it deepens our sense of community and helps us build trust together.

Engaging with Care. Meaningful participation looks different for everyone - sometimes it means speaking your truth, and other times it means holding compassionate space by listening. However you show up, we ask that you share with kindness, openness, and respect for each person's unique experience.

Honoring Privacy. A safe group relies on shared trust. Everything shared within our circle is confidential and stays between us. As your facilitator, I hold your privacy with the utmost care, stepping outside our circle only when legally required to protect someone's safety:

- If there is an imminent risk of harm to yourself or someone else
- If there is an indication of abuse or neglect involving a child, elder, or dependent adult
- If required by a court order

Honoring the Commitment & Financial Policy. Because spaces are limited and your spot is held exclusively for you throughout all six weeks, registration fees are non-refundable. Missed sessions cannot be reimbursed or prorated.

Prioritizing Your Well-Being. While our group offers warmth and community, it is not designed for crisis intervention. If you ever feel overwhelmed, unsafe, or have thoughts of harming yourself or someone else, please connect immediately with care:

- Reach out to your individual therapist, psychiatrist, or trusted support person
- Call or text the 24/7 Suicide & Crisis Lifeline at 988
- Call 911 or go to the nearest emergency room

Shared Commitment

I have read and understood these intentions, and I look forward to contributing to a safe, compassionate group experience.