

SUPPORT GROUP GROUND RULES

Support groups are an excellent way for people to share information. Participants talk about their experiences and help each other with the challenges of becoming non-smokers. Following these ground rules will make this support group a positive experience for everyone.

1. Be on time for class. We will begin at 5:30pm. Doors open at 5pm.
2. Attend all of the sessions. Call us if you cannot make it.(628-206-6074)
3. Keep track of your folder and **bring it to class each time.**
4. One conversation at a time. Side conversations confuse people and disrespect the person who is speaking. Please listen and your turn will come.
5. Everyone needs to feel safe in sharing their thoughts and feelings about quitting smoking. Everyone quits differently. Please no judging.
6. Respect others.
7. Keep it confidential. What is said in the room is only for those of us in the room.
8. Please no profanity.
9. Please respect the class and turn off your cell phone or put it on silent before the class. If you have to take a call please leave the room to talk on the phone.
10. Come to class sober. Anyone found using drugs or alcohol will be asked to leave.