

# SWAN & FLAG Group Values

- We are a group of people with a common bond sharing our challenges, understanding and wisdom, offering moral support and the benefits of our own experience.
- We are here to share our own feelings and experiences. We respect and maintain the confidentiality of the group.
- We listen, explore options, and express our feelings. We do not prescribe, diagnose, or judge, but offer advice and make suggestions.
- We know that what we share is confidential and that we have the right to remain anonymous if we choose.
- We have the right to take part in any discussion or not. It is important that we actively listen when someone is talking and avoid having side conversations (with the exception of interpreters)
- We avoid interrupting, if we do break in, return the conversation to the person who was speaking.
- We encourage 'I' statements, so that everyone speaks in the first person.
- Having benefitted from the help of others, we recognise the need for offering our help to others in the support group, and making connections with new members.
- We each share the responsibility for making the group work.
- We each have the opportunity for equal airtime, or the right to remain silent.
- We try not to discuss persons who are not present. We will remain confidential when discussing school or professional involvement, removing names when discussing.
- We have the right to ask questions, and the right to refuse to answer.
- We encourage members to share their strengths and skills, insights, successes (small and large) and their hopes.