

# Support Group Guidelines and Waiver of Liability

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A WAIVER OF LIABILITY AND LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE REDEEMER PRESBYTERIAN CHURCH WEST SIDE (“RWS”) AND OTHER WAIVED PARTIES.

## Support Group Guidelines

To make this group safe, supportive, productive, and the best experience possible for group members, it is important for each member to make a commitment to actively attend the group, whether in-person or virtual. In doing so, you get the benefit of yours and others’ efforts.

Please agree to abide by the following:

### Group Guidelines:

- Please try your hardest to be available on time. The group format works best if everyone comes at the scheduled time. If you are late, you may miss the meeting or video conference.
- Please remove outside distractions and turn off all cell phones and unrelated electronics.
- Own your feelings and experiences. In support groups the use of “you” may be interpreted as offering advice or an interpretation of someone else’s experiences. Stay within the “I” position.
- Remember to share the floor and allow others to speak.
- Respect is an integral part of each group. Please respect each other’s opinions, emotions, and experiences.
- Respect your counselor’s right to suggest that you terminate participation in the group if the counselor believes it is best for you and best for the group.
- Respect the rule that no one group member can control the group and that group decisions are made by consensus.
- Let the group counselor know if someone in your group poses a barrier to your open participation as a member of the group due to a prior relationship.
- Addiction group members promise to be free of substances in the group.

### Confidentiality:

- Members should not describe anything discussed in group with others outside of group. You may share with others your own contributions to the discussion, but not what others have shared, or any details about other members, including their names, appearance or any other related personal information.
- I have been advised that RWS will make every attempt to respect my privacy and boundaries. I understand that RWS cannot guarantee strict confidentiality.
- I understand that RWS will use a third party video conferencing solution to facilitate the virtual support group meetings (for example, Zoom or Google Meet). Although these calls may be encrypted for protection from malicious eavesdropping, RWS cannot guarantee this. By participating in the call, each member has reviewed and accepted the security of the facilitating platform.
- Members are forbidden from recording group sessions in any way, whether online or in-person. Personal confidential notes are ok.

- If you see other group members out in public, please be respectful of their boundaries as some people would like to remain anonymous in the community.
- Facilitators are not permitted to share personal contact information.
- The group leader cannot reveal information about me without my written permission except where disclosure is required by law or church discipline requirements:
  - Anyone who indicated they wish to harm themselves or others
  - If there are suspicions of abuse of a minor
  - If there are suspected sexual abuse against anyone
  - If there are suspected instances of sexual or other harassment

## Self-Care in Emergencies:

If at any time I feel like harming myself or injuring another, I will let the group leaders know and/or contact my individual therapist or psychiatrist. If I cannot reach them, I will call either 911 or go to the nearest hospital emergency room.

## Waiver of Liability

For and in consideration of allowing me to participate in an in-person or online virtual support group hosted by RWS, I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations:

I understand and acknowledge that this activity is not therapy nor a therapeutic group, and that no client/therapist relationship is formed by my participation.

The information provided to me is educational only and does not constitute the provision of medical, psychological or other professional health care treatment services.

In exchange for allowing me to participate, I hereby waive and covenant not to sue, and further agree to indemnify, defend, and hold harmless, RWS and its officers, directors, employees, contractors, and volunteers (collectively, the “Waived Parties”), from any and all liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense, including court costs and reasonable attorney’s fees of any kind or nature whatsoever (together and separately, “Liability”) which may arise out of, result from, or relate to my participation. I further agree that if, despite this Agreement, I, or anyone on my behalf, make a claim for Liability against any of the Waived Parties, I will indemnify, defend, and hold harmless the Waived Parties from any such Liability which may be incurred as a result of such a claim that I might have against the Waived Parties or anyone associated with the virtual support groups.

I agree that I will not share any related virtual meeting login information or link with anyone, that I will not allow anyone to share my meeting connection without their individual registration per this page, and will be solely responsible for any breach of these covenants.

By digitally signing below, I confirm that I have read and agree to the guidelines and waiver of liability.

**Name:**

**Date:**