

Kailo Rising is a free, confidential support group for women. This group was formed with the intention of creating a loving space where women can express themselves freely in a loving and non-judgmental space. Joining Kailo Rising is a great option if you are seeking connection, looking for others who share similar experiences, or would like to find new coping skills and strategies. Kailo Rising offers a space to share and to receive a broader range of perspectives. Additionally, Kailo Rising is a great place to work on relationship and social skills as well.

Personal sharing is important to self-help. An environment of trust and safety allows all group members to share more deeply with others. To ensure that people feel their information will be kept confidential the following ground rules are to be followed at all times.

***Group Agreement***

Everything discussed in the group is confidential. No information is to be discussed outside the group without direct consent.

Group members are encouraged to share their skills, insights, strengths and hopes, and to recognize that everyone in group has expertise in dealing with “Life”.

Group members are respectful of each other’s feelings, views and concerns at all times. Group members are respectful of everyone’s right to participate equally in the discussion or not to participate, if that is their wish.

Group members are courteous to each other at all times. This includes not interrupting or talking while someone else is talking and listening attentively when another person is speaking.

Group members take responsibility for the success of this support group by maintaining their focus on the issues and coping strategies specific to the group and the topic being discussed.

Group members are encouraged to use ‘I’ statements so that everyone speaks in the first person.

Group members are responsible for their own wellbeing and are encouraged to look after themselves and seek support if they are upset before, during or after group.

Please initial next to each agreement.

1. Confidentiality means NEVER discussing, without direct consent, the circumstances of another group member.
2. What you see here, what your hear here, when you leave here, it stays here!!
3. There will be no discussion about religion or politics.
4. Listening: Actively listening to each member.
5. Sharing: Each member whom wishes to share will have the opportunity to contribute.
6. Respect: We will respect everyone in the group. We all have different opinions, experiences and backgrounds.
7. Responsibility: Each member will be responsible for their own wellbeing and are encouraged to look after themselves and seek support if they are upset before, during or after group.

There are two exceptions to the “Confidentiality” agreement.

1. If there is suspicion that a child is or may be in need of protection.
2. If someone declares a plan to harm herself or another adult.

**Liability Waiver**

I acknowledge that the group leader, Donna Nault, of Kailo Rising is not a certified mental health professional. I understand that by signing this Liability Waiver, I release and hold harmless Kailo Yoga, Kailo Raising, and its owners, directors, officers, agents, instructors, volunteers and all other persons or entities acting for them from any claims, demands, suits, cost and charges, in connection with or arising out of Kailo Rising’s program services.

Signature Print Name Date

Namaste

**Donna Nault**

Kailo Yoga, LLC

“Love Donations” are welcome but NOT required