

PFLAG DETROIT
Parents, Friends & Families of Lesbians And Gays

SUPPORT GROUP GUIDELINES

1. CONFIDENTIALITY is very important. What is said in this group stays in this group.
2. Use of "I STATEMENTS," speaking about your own experiences, feelings and thoughts verses making generalized statements (such as "everybody feels ... ").
3. RESPECT the feelings and sharing of others. Disagreements are allowed, however, only if made in constructive and supportive ways. Personal attacks, cutting remarks, non-constructive criticisms and the like ARE NOT allowed.
4. Be CONSIDERATE by not dominating the discussion and by letting others finish their statements.
5. ADDRESS your remarks and comments to the entire group; what you have say is important to everyone. Please DO NOT engage in sub-group discussions, especially when others are speaking.
6. We really want everyone to have an opportunity to speak today, so if I move you along or ask for input from another group member, you will understand my reasoning.
7. PLEASE turn off cell phones during group.
8. NO profanity.

WE ARE HERE TO HELP OTHERS GAIN UNDERSTANDING AND SUPPORT!

FACILITATOR SUGGESTIONS FOR DISCUSSION (if members aren't sharing)

- What brought you to this group? Give us a brief description as to why you came.
- What would you like to discuss?
- Share a good conversation you have had with your "family member/friend" who is gay.
- Finish these sentences:
 - The best thing that happened to me was ...
 - My son/daughter/sibling/mother/father did ...
 - I was supposed to ...
 - I know I should have ...
 - I am struggling with ...