

Please Stop the Rollercoaster!
Group Agreement

Date:

We are meeting as a group to discuss and explore our experiences around parenting teenagers. We understand this is not a therapy group, there is no requirement to share private information. Our focus is on learning together and discussing issues we face. We will be respectful of all opinions expressed here, and we will remember that our discussions are confidential*.

Name:

*Issues may arise about sharing confidential information with a spouse or partner, or sharing information with no names attached. What do we allow? We will discuss other issues that may need clarification, so that we agree as a group to protect everyone's privacy, while giving each of us the space to learn and process our experiences.



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