



## **Welcome to a Supportive & Growth-Oriented Space for Men**

We're excited to have you join us in these small groups designed specifically for men. The following guidelines help us create a safe, authentic, and growth-oriented environment where everyone feels comfortable sharing their experiences and supporting each other.

### **Small Group Guidelines**

Before each meeting or periodically, the group leader will remind all participants to follow these guidelines.

#### **Be on Time**

Please join on time out of respect for the group. If you need to leave early, let the leader know beforehand so the group isn't disrupted mid-session.

#### **Focus on Personal Sharing**

When sharing, focus on your own thoughts and feelings. Sharing the personal details of others distracts from the common purpose.

#### **Respect the Time Limit**

Please be mindful of your sharing time so everyone has a chance to participate. The leader may gently redirect if needed.

#### **Focus on Common Ground**

Avoid divisive topics like politics, culture-war issues, or niche theological debates, as they detract from the group's purpose of fostering personal growth and building friendships.

#### **Avoid Cross-Talk**

To give everyone an equal opportunity to share, please avoid side conversations, distracting comments, or interrupting someone while they are speaking.

#### **Support, Don't Try to Solve**

We are here to support one another, not fix each other's problems. If professional help is needed, it is the individual's responsibility to seek it.

**Maintain Confidentiality**

What is shared in the group stays in the group. There are four exceptions where information must be shared outside the group: suspected abuse or neglect of a child or vulnerable adult, threats of self-harm, threats of harm to others, or serious safety and conduct concerns. In these cases, information will be shared with the appropriate parties.

**Respectful Language**

Offensive language is not acceptable in a Christ-centered group. Please avoid misusing the Lord's name and graphic descriptions when sharing. If someone feels uncomfortable, they may indicate that, and the speaker should respect it.

**Use Headphones for Privacy**

Meetings will not be recorded. All members are expected to use headphones to maintain privacy and prevent conversations from being overheard.

**Keep Cameras On**

All members must have cameras on during meetings. If requested by the group leader, each member must show that they are alone at the time of the meeting.

**Join from a Safe Location**

If joining from your vehicle, please be parked before participating. If you need to drive during the meeting, mute your mic, turn off your camera, and listen in until you reach your destination. We want you here — and we want you safe.