

Scranton Mental Health Ministry

SPIRITUAL SUPPORT GROUP

GROUND RULES

1. This is a spiritual support group. It is not group therapy or mental health care.
2. All are welcome to share, no one is obligated.
3. We are here to support each other.
4. You are encouraged to describe what works for you, particularly in your spiritual life, but no advice.
5. No judging or interrupting.
6. No political discussions, religious debates, sexual discussions or gossiping.
7. Confidentiality - “What is said here stays here”.