

Group Guidelines

1. Be Kind and Respectful

We all come from different backgrounds and caring experiences. Please be open-minded, listen without interrupting, and treat everyone with kindness.

Everyone's story and voice is valid. Let's make space for each other.

2. Share what feels right for you

You're welcome to talk about your experiences but only if you feel comfortable. No one is expected to share more than they want to.

You are free to pass, listen, or take a break at any time.

3. This is a Judgement-Free Zone

Please avoid comments that could feel critical, especially about how others manage their caring role. We all do the best we can.

There's no one "right" way to care.

4. Take Care of Yourself

Some topics might feel emotional or heavy. If you ever need to step out, take a break, or talk to someone after, that's completely okay.

Your wellbeing comes first.

5. Help Us Keep This a Safe Space

If you have concerns about something said or done in the group, please speak to the facilitator privately or a member of staff.