



Connie Bonner-Britt MA LMHC
360-542-6895
connie@selftimeout.org

Mailing Address:
PO Box 2052
Bellingham, WA 98227
FAX: 866-492-5137

Chuck Britt MA LMFT
360-336-3882
chuck@selftimeout.org



Parent's Night On-Line [Zoom.com](https://zoom.us)

Every Week Since September 1999

Group Guidelines

1. Connie and Chuck agree to create safety for themselves and the group by following the guidelines below:
2. Everyone's ideas, needs and wishes deserve to be heard.
3. Confidentiality is essential to feeling safe in any group. What is said in the group stays in the group.
4. A limit on confidentiality is that Connie and Chuck are both "Mandated Reporters" which means that if they are told a story that includes a possibility of serious harm to anyone, they are required to report the story to proper authorities. We will attempt to invite the person with the story to do the reporting first.
5. If you feel safe enough, it is good to take the risk of "trying on" new feelings, behaviors and ideas.
6. Choosing to take a self-time-out before choosing to blame, shame, label or guilt oneself or someone else helps oneself and everyone else feel safe enough in the group.
7. It is good to have some fun together while we work on such difficult stuff.

Email Notification List Sign-Up

NAME of person attending (Print)	EMAIL (Print VERY clearly.) We use the email to invite you to the group every week.	TELEPHONE (Print VERY clearly.)
Person 1		
Person 2		

By giving us your email address you are asking us to send you the weekly invitation to join the group in the form of the Zoom email.

By signing below, you are agreeing to follow the guidelines above.

Signature 1: _____ Signature 2: _____

Date: ____ - ____ - ____