



Guidelines for Participation in the Hopeful Mama Foundation's Support Groups

Support Groups are led by peers and not by mental health or medical professionals. Opinions expressed in these groups are personal opinions and not necessarily the opinions or policies of the Hopeful Mama Foundation.

Hopeful Mama Foundation will not discriminate against any person based on race, creed, color, national origin, marital status, gender, sexual orientation, disability, or any other classification protected by applicable state or federal law.

To ensure that the Support Groups are emotionally safe, supportive, productive, and the best experience possible for everyone, each participant will make a commitment to abide by the Hopeful Mama Foundation's guidelines for participation. In doing so, we can ensure that everyone is heard, included, and respected in the meetings. When you participate in a Hopeful Mama Foundation Support Group, you agree to abide by the guidelines listed below.

Hopeful Mama Foundation's Support Group Guidelines:

- **Respect.** Please respect others' opinions, emotions, and experiences.
- **Share Speaking Time.** Allow others to speak and share their experiences.
- **Seeking Professional Advice:** Hopeful Mama Foundation's Support Groups are not intended to be a replacement for private counseling. If you would like to consult with a mental health professional, visit Hopeful Mama Foundation's [Professional Services Directory](#).
- **Concerns:** If you have a concern or would like to express a grievance of any kind about the group or group leader, please contact Hopeful Mama Foundation via email: info@hopefulmamafoundation.org Hopeful Mama Foundation will review the concern and determine the next steps. Our goal is for every participant to have a positive experience and get the support they deserve.
- **Confidentiality:** Confidentiality is critical for creating a safe environment where people can feel comfortable sharing personal information. If you see other group participants out in public, please be respectful of their boundaries, as some people would like to remain anonymous in the community.
- **Participant Surveys:** Periodically, the Hopeful Mama Foundation may survey participants to gather anonymous feedback. The purpose of the survey will be to assess the effectiveness of the group, ensure the group is meeting participant expectations, and identify any potential issues or problems quickly. It is important to note that the Hopeful Mama Foundation respects your privacy, and therefore does NOT share this information with any outside organization or persons.