



THE NURTURED PARENT SUPPORT GROUP



12 Overlook Avenue, Rochelle Park N.J.
201-849-3000
www.nurturedparent.org

WELCOME!

The Nurtured Parent is a free peer-to-peer confidential support group that meets every Tuesday, from 10am-12pm. We are a safe place to heal and grow. Our members are individuals that share a common experience, challenge, or future goal. Change occurs from personal discomfort coupled with a committed belief that it is your right to a safe, abuse free, abundant life. We offer the opportunity for change with love, information, and feedback. A Nurtured Parent facilitator's job is to expand your awareness. Your job is to bring to your fellow members the same level of love, healing, compassion, vulnerability, connection and fulfillment that you want and need for yourself.

What does a Nurtured Parent support group look like?

Our meetings are held in a private room on the 2nd floor of the Center for Hope and Safety. As you enter the room, you will find a circle of chairs. This is our circle of safety and healing.

How is a Nurtured Parent support group run?

Our groups are led by Nurtured Parent facilitators. Each member will have an opportunity to share openly with the group whatever it is they feel burdened with. Taking turns, we respect everyone's individual time to share. We understand you have personal reasons for joining us, and you will quickly discover that when you feel safe to share and are fully present to relate to another's personal experience, each of you will walk away gaining something meaningful. Love, compassion and optimism are great qualities to begin your healing journey with.

When I come to group, must I speak? And when do I know it's my turn to share?

The Nurtured Parent is a peer-to-peer, soul-to-soul, support group. You will get out of it what you consciously commit to putting into it. Therefore, everyone who attends is expected to share openly and honestly with the group. The order in which each member shares is typically the order in which members arrive. Please be mindful that if you arrive late or leave early, it can disrupt the order and flow of the group. We request that you do your very best to honor the sacred space and precious time we have together by arriving on-time, and staying for the full 2 hours. Everyone deserves our full-on, engaged, and connected attention, and everyone deserves to be unburdened. You will be astonished to discover that when you commit to being fully present for others, and others give you the same attention, your personal healing, conscious awareness, and growth will expand at a rapid rate.



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“Deep listening is miraculous for both listener and speaker. When someone receives us with open-hearted, non-judging, intensely interested listening, our spirits expand.” – Sue Patton Thoele

How do I contribute to my healing and the healing of others in a meaningful way?

When faced with a problem, we first make it clear that we believe there is a solution. Dwelling on problems without envisioning a solution is futile. It's one of the most common forms of “stuck-ness.” Our private thoughts (internal dialogue) and the energy that radiates from within (positive or negative) will play a key role in your personal healing or delay. Therefore, pay close attention to your thoughts and the energy you are contributing to the group. Complaining, negativity and defeatism will make other people contract, mirroring your negative attitude. Notice also if you are repeating the same story, over and over, and when doing so, how it makes you *feel*. The “stories” we tell ourselves and the feelings attached to them are a predictor of our current reality. Awareness of your internal dialogue and how it affects you and those around you will lead you to healing and a plan of action. With respect to fellow members, be kind and tolerant when others are sharing their pain and “stuck-ness” too. This is an imperative step, for when we harbor resentment and frustration with negative personal dialogue, we are blocking our own progress and enlightenment. When we are blocked, we are unable to contribute to a healthy solution for ourselves or others. Facilitators encourage open minded suggestions to be offered by group members without bias or judgment. Be open to receiving as much input and insight into your unconsciousness as possible. Respectful and supportive insight can be the missing piece that will reshape how the big picture looks to you in your present and your future. You are not alone. We are in this together.

What if I struggle with drug or alcohol addiction or a mental illness?

Honesty about an addiction or mental illness and actively participating in your own recovery and solution is the only way to be fair to you and the rest of the group. We encourage you to take care of yourself by putting your recovery and mental health needs first. If you are simultaneously working with an addiction recovery program and/or are under the care of a licensed mental health professional, you are welcome to join our support group.

Can I make a donation to the Nurtured Parent, or solicit donations from my company, clubs I'm involved with, or even ask my family and friends?

Yes, and thank you! The Nurtured Parent is a registered 501c3 public charity. Contributions made to the Nurtured Parent are tax-deductible to the extent permitted by law. Your thoughtful contribution will fund our operational expenses, programs, expand the scope and reach of our awareness, advocacy and activism endeavors, and will enable us to directly help more members in need. You can make a donation online at www.nurturedparent.org, send a check by mail, or simply hand it to one of our facilitators. No amount is too small or too large and all are gratefully accepted.



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CODE OF CONDUCT

The Nurtured Parent is a safe, confidential, supportive environment. Our code of conduct is our standard through which we honor the needs, safety, and overall health and wellbeing of our group.

To participate in a Nurtured Parent support group meeting, you must sign and agree to abide by our code of conduct. Thank you for honoring our sacred space!

1. **Confidentiality:** We expect that you will honor the privacy and safety of our members at all times. By signing this code of conduct and participating in a support group, you agree that you will at no time share names or private information about any member outside of group without their explicit permission.
2. **Cell phones:** As you enter group, please turn cell phones to vibrate or off. If you must take a call, please exit the room as quietly as possible to minimize the disturbance to your fellow members, and quietly take your seat upon your return. As members are speaking, please save texts for after group. Every member deserves our full attention!
3. **Arriving LATE/Leaving EARLY:** The Nurtured Parent is a gift to you. Make the most of it! Do your best to arrive on time and stay for the duration. If you arrive late or need to leave early, please do so as quietly as possible out of respect to fellow members. This means refraining from announcing your late arrival or early departure when a fellow member is in the process of sharing. Think: *cat-like stealth!* However, when you arrive late, please note that your opportunity to share will be at the end of group, *after* everyone else has shared. Occasionally group ends early, but more often than not, it runs over. You are not expected to stay when group runs over.
4. **Participation:** The Nurtured Parent is a give-and-get support group. Your participation is necessary. Positive comments, compassion, patience, *and* a willingness to receive feedback is the foundation for healing and growth. We ask that you be mindful and respectful of each member's individual journey, and honor their time to share. Observe the way the group in general operates, and go with the flow. Be patient. Everyone will be given an opportunity to share their story and contribute in a meaningful way.
5. **Side conversations:** We encourage love and camaraderie amongst our members. But please refrain from side conversations, as they are a disruption to the flow of the group. If your private conversation cannot wait until group ends, please quietly exit group together, reconvene in the hallway, and silently return to your seat when you are finished.
6. **Feelings of being triggered:** If you find yourself becoming too upset or distressed, it is perfectly acceptable to take a walk in the hallway whenever you need a break. If you need additional support, alert a facilitator. If you have the time, stay after group with a facilitator, or make arrangements with a facilitator to discuss it at a later time. You and your healing process are important to us. Be patient and kind to yourself.



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7. **Respect for Everyone’s Healing Process—including My Own:** You may experience moments (or personalities) in the group that will feel especially upsetting to you. These upsets may come from recounting the trauma you suffered as a child long ago, or from sharing about a way your abusive partner treated you very recently. They might come from your current life stressors, or from hearing the content of another member’s story. Whatever the source is, we encourage you **before you react** to sit silently with those feelings, and observe them. Ask yourself these qualifying questions:

- Am I safe at this very moment?
- Why am I feeling so uncomfortable?
- Is this an invitation to heal something unfinished within myself?
- What can I learn from this experience?
- Am I being kind and supportive to myself in my thoughts?
- Are my thoughts being kind and supportive to my fellow members?
- Am I safe to contribute honestly about how I am feeling with the group?

When it’s your turn to speak again, we encourage you to respectfully share those feelings with us. This is an essential part of your personal awareness and our collective healing as a group. Remember, feelings of being challenged to move outside your comfort zone and look at things in a new way is a good thing. Challenging false beliefs, beliefs that do not honor our highest good, is a wonderful opportunity for healing and growth.

8. **Safety:** Everyone has a right to feel safe at our meetings. Members are expected to participate in a group setting appropriately. As a domestic abuse support group, we will not allow the mistreatment of our members, nor will we allow excuses for it. A successful working relationship involves cooperation and awareness of your personal contribution to the health and wellbeing of the group as a whole. We welcome everyone who is seeking help and can demonstrate sympathy, trust, and love. If you have a tendency to interrupt members in a disruptive manner, a facilitator will ask to speak with you alone and remind you of our code of conduct. If a disruptive behavior persists, or if your behavior makes others feel unsafe, the facilitator has the right to end group. Please be aware that group may not be the appropriate environment for everyone. Any member that ignores our code of conduct and warnings about their disruptive behavior will be asked to take a hiatus from group. Referrals for individual counseling or more appropriate programs to serve your needs can be provided at that time.

I AGREE TO THE TERMS OF THE NURTURED PARENT CODE OF CONDUCT.

Signature:

Date:

Printed Name

Email:

Phone Number:

