



The Reach Program's Teen Support Classes

We are so excited that you are coming! Here is some important information about the classes:

- Everything that is said in the group class and activity is to be kept confidential. It is a safe space to talk and to share emotions and/or feelings. What is said during group stays in the group. Please be respectful. You can share your experience in the group but not the exact details of what is said.
- Bullying, putting others down, gossiping, being passive aggressive to others and bad mouthing will not be tolerated. If this takes place, you will be given one warning and if it happens again, you will not be allowed to continue with us. We practice acceptance, respect, and kindness and expect you to do the same.
- **Have fun!** Classes will be upbeat and positive but at times may hit emotional points with group members! Be supportive, as we are all in this together!
- **THESE CLASSES ARE NOT THERAPY** and should not be viewed as a replacement for therapy. The classes are designed to give teens a place to feel safe in discussing their thoughts, feelings, and experiences and to learn tools/skills in dealing with them.
- We value all opinions and want to hear yours. If there are any questions, comments, or concerns with the classes, please direct them to Angela Gilbert or Lisa Ulibarri (Class Leaders). We can only fix what we know about. By signing this paper, you are stating that you will handle issues in a respectful manner with the class leaders (this includes all guest class leaders as well).

Please sign to signify that you agree to these rules and conditions.

Teen

Date

Parent

Date