Group Rules:

1) Attend every scheduled group session – on time.
   a. Morning virtual zoom meeting: Monday through Friday 9 – 10AM
   b. Evening virtual zoom meeting: Monday through Thursday 6 – 7PM

2) Make commitment to total abstinence from all drug and alcohol use.

3) Be respectful and supportive of other group members.

4) Protect the anonymity of the group members.

5) Every group member will have an opportunity to share in the group discussion.

6) Be honest.

7) Ask questions when you don’t understand something.

8) Give yourself a chance to recover.