



Connie Bonner-Britt, MA LMHC

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Parent's Night On-Line

Group Guidelines and Email List Sign-Up

Connie and Chuck agree to create safety for themselves and the group by following the guidelines below:

- Everyone's ideas, needs and wishes deserve to be heard.
- Confidentiality is essential to feeling safe in a group. What is said in the group stays in the group.
- 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.
- It is good to take the risk of "trying on" new feelings, behaviors and ideas.
- Choosing to take a self time out before I choose to blame, shame, label or guilt myself or someone else helps **me** feel safe in the group.
- It is good to have fun.

By signing below, you are agreeing to follow these guidelines.

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.)
1.		
2.		

DATE SIGNED: ____ - ____ - ____

SIGNATURE 1: _____

SIGNATURE 2: _____

When completed please mail to: Skagit Family Study Center, 924 S. 11TH ST., Mt. Vernon WA 98274
OR

Scan and email the form to: chuck@selftimeout.org

SKAGIT FAMILY STUDY CENTER