



August 2021 Men's Assertiveness Group :

Welcome to the Men's Assertiveness Group. We are excited to have you with us. Please review the group guidelines, dates of meetings, book resource and other information. Please initial and sign below in the appropriate areas. Please scan and email signed copy to admin@charlottecounselors.com by July 16th, 2021. You can also fax it to 980-498-7881.

Commitment and Dates:

2021 dates:

We will meet 3 weeks in a row and then skip a week. See below for group session dates. ****All Group dates are required, see below for exceptions.**

Aug 11th, August 18th, August 25, Sept 8th, 15th, 22nd, October 6th, October 13th, and October 20th, November 3, November 10th, and November 17th.

Book required by the first session: No More Mr. Nice Guy, By Dr. Robert Glover. You can purchase this on Amazon.

Time: 6 pm to 7:40 pm (In order to ensure that every group member receives the greatest experience, please be early).

Cost: The group sessions will be \$80.00 per group session date and will be charged in monthly increments (\$240.00 per month). ***Each group session will be charged, regardless of having to miss the group session due to emergency/vacation/sickness or work. I will ask that you do not miss more than one group if possible. _____ Initial here**

Assignments for home: There will be some assignments that will be assigned to be done in between the groups at home. You will learn and in my clinical opinion, grow the most, if you do these assignments.

Participation: As a group member you may choose to not engage in a certain activity or question that you do not feel comfortable with, however; in



my experience those that actively participate receive the best results from this group.

Location: We will meet at my office building, 5970 Fairview Rd. Suite, 414, 28210. However, we will meet on the 7th floor and exit the elevator to the right to the group room on the right. For the first group meeting, meet right outside of the group room.

Guidelines for Men's Assertiveness Group

- 1. Confidentiality** - everything shared in the group is confidential and is not to leave the room. The group needs to develop this trust.
- 2. Safety**- the group should be a safe place regarding physical/emotional harm.
- 3. Acceptance** - the group accepts members just as they are and avoids making judgments.
- 4. Discussion** - the group does not discuss group members who are not present.
- 5. Begin and End on Time** – Group will be in-person. If someone is not able to meet in person, we will look at a option of having them attend via zoom with at least 24 hour notice to group leader. Meeting will begin and end on time: **6 pm and end at 7:40 pm**. I would recommend everyone getting to the group room 10 to 15 minutes early each group session. This will ensure that we start on time and we will be done promptly at 7:40 pm each time. If you will be a few minutes late please text me at 980-263-9608. (Please save this number now).
- 6. Attend all meetings**-- if you must miss a group session due to an emergency or an event you cannot get out of, please call me as soon as you at (980-263-9608). This group will only be as effective as your attendance and participation. Please speak to me afterwards if you have a specific date that you cannot attend during the group. To remain part of the group, no more than 1 excused absences will be allowed. *If you need to miss more than one group, this will be discussed on a case-by-case basis.



7. **Be Respectful when other group members share:** No cross talk (talking over the other person or with another group member when someone is sharing.

8. **Feedback and challenging:** The group will need some time to build trust, therefore a group member can ask another group member a clarifying question. In time group members may also challenge others in a non-shaming way. The group facilitator will ensure that this is done effectively.

9. **The group will decide if another guideline should be added during the first meeting.** _____

***By signing below each group member states that they understand and will abide to each group guideline.**

Signature

Date

Contact Information: David@charlottecounselors.com or 980-263-9608.

***By signing below each group member agrees to the information listed on page 1-3.**

Signature

Date