

## Postpartum Support Group Acknowledgement and Waiver

I am a voluntary participant in the Perinatal Mood and Anxiety Disorder (PMAD) Support & Education Group ("Postpartum Support Group") sponsored by PMAD Management Services, LLC ("PMAD Management"), an affiliate of The Motherhood Center. I understand that the activities and information presented by the group are done so to increase my knowledge of PMADs and provide access to non-clinical support for my PMAD symptoms. I understand and acknowledge that (a) I am free to decline participation in the Postpartum Support Group at any time, (b) this group is not a treatment group, (c) this group does not take the place of individual or clinical group therapy or medication management and (d) my participation in the Postpartum Support Group does not mean that I am a medical patient at The Motherhood Center, Glenberrie Health LLC or TMC Psychiatry PC (collectively, the "Motherhood Center").

If the group facilitator determines that the Postpartum Support Group is not an adequate intervention alone to meet my individual clinical needs, she/he reserves the right to either connect me to The Motherhood Center's Outpatient Treatment Services for individual therapy and/or medication management, the Day Program (a more intensive individual and group therapy program), other clinically appropriate care, or provide me with a list of treatment options available in my community.

In consideration of the benefits I receive from participating in the Postpartum Support Group, I hereby agree, on behalf of myself and my family members, to irrevocably waive and release PMAD Management, The Motherhood Center and their staff members, agents, successors and assigns, from all claims, demands, damages, and actions, at law or equity, including without limitation for loss, injury or damage to any person or property, expenses, lost income or loss of services, arising out of or in consequence of, directly or indirectly, my participation in and the services I receive from the Postpartum Support Group.

By typing my first & last name and date below, I am stating that I have read and agree with the above statements in this Waiver of liability in connection with participation in the Postpartum Support Group. I fully understand all of its terms and conditions, I have knowingly consented to be bound by its terms, including the waiver and release of any legal right I may have to sue PMAD Management and The Motherhood Center for any injury, damage or harm that I have or may suffer in connection with any services provided by the Postpartum Support Group, and I recognize and accept the risks in participating in the activities of the Postpartum Support Group.

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Signature

### **SOME BASIC RULES TO CONSIDER FOR GROUP PARTICIPATION:**

What is said in the meeting, stays in the meeting

This is the essential principle of confidentiality and must be respected by all participants.

### **Differences of opinion are OK**

We are all entitled to our own point of view.

### **Use "I" language**

Share from your personal experience, say "this is what helped me" or "when I was faced with this problem, I ...".



**It's OK not to share**

People do not need to actively participate; much can be gained by just listening.

**It's everyone's responsibility to make the group a safe place to share**

Treat each other with respect and kindness. Show compassion and respect confidentiality.

**One person speaks at a time**

Each person should be allowed to speak free from interruptions and side conversations.

**Share the airtime**

Everyone who wishes to share has an opportunity to do so. No one person should monopolize the group time.