



# The ND Harbour Autism & ADHD Peer Support Group

## Purpose

This group is for autistic and ADHD adults. It is neuroaffirming, meaning we see autism and ADHD as natural human variations, not disorders to be fixed. The group is not therapy. Its purpose is to support mental health through connection, shared experiences, and learning a little more about autism and ADHD.

We recognise that everyone communicates differently. Some people need quiet to process language and speak up, while others feel a need to fill silences. Compromise and patience are part of being in the group. The group will never meet everyone's needs perfectly, but we aim to create a safe, supportive space for all.

## Ground Rules

1. **Respect and Inclusion:** Treat everyone with kindness. Racist, homophobic, transphobic, or otherwise harmful jokes or comments are not acceptable.
2. **No Masking Required:** You do not need to mask in this group. You can stim, fidget, avoid eye contact, or behave in ways that feel natural, while respecting others' comfort and safety.
3. **Listen More Than You Speak:** Only one person speaks at a time – don't speak over others. Silence is normal and often needed to process language. Please notice how much space you take in conversation so quieter members have a chance to speak.
4. **Focus on Support, Not Fixing:** This group is for emotional, mental health, and wellbeing support, not for giving advice unless someone asks for it. We share our own experiences rather than telling others what to do.
5. **Respect Boundaries:** Do not touch others or their belongings without consent. Avoid sharing overly personal information that might make other people feel uncomfortable.
6. **Confidentiality:** What is said in the group stays in the group. Do not post photos or information about group attendees or what was shared on social media.
7. **Stay on Topic:** Discussions should focus on wellbeing. Please keep off-topic conversations around interests to breaks or our other group, Harbour Hangout, on Friday mornings.
8. **Attendance:** Attendance is limited. Please book to secure a space and avoid overcrowding.
9. **Outside Connections:** You may connect with members outside the group, but these spaces are not monitored by The ND Harbour. Respect each other's boundaries.
10. **Keep the Group a Safe Space:** No alcohol, drugs, swearing, or aggressive, intimidating, or inappropriate behaviour.