

Help Us Create a Safe, Supportive Space

Bringing together helpful resources, heartfelt connections and hope.

◆ SUPPORT

Offer support before advice.

Using “I” statements. Sometimes there’s more healing in relating to one another than jumping to solutions or advice

◆ SAFE TOPICS

We avoid trauma, self-harm, suicide, or substance abuse talk. Any discussion of harming oneself or someone else will be taken seriously, as we need to keep you and others safe. If you need outpatient support we’re here to help connect.

◆ CONFIDENTIALITY

What’s said in the group stays in the group, and please participate from a private, quiet location.

Participants are prohibited from disclosing anything that is shared in the meetings, the identity of members who were present, or recording audio, video, or taking pictures or screenshots.

◆ CAMERAS-ON

If your camera can be on, please do so- it’s part of our community connection.

Pro tip: you can select to hide your self-view by clicking the three dots on the top right of your video