

Power is shared in this group.

- Everyone has knowledge and experiences to offer the group.

The group facilitator is here to help.

- Reach out to the facilitator if you need support.

Everyone is at a different point in healing.

- There's no right or wrong way to participate, just like there is no right or wrong way to heal from trauma.

We are the experts of our own experiences.

- Always use "I" statements to share your thoughts or experiences.

Be patient with yourself and each other.

- Be open to learning from another person and remain open to being wrong.

All workshop ideas are invitations to participate.

- You are not required to participate in any activities or to speak in the group if you prefer not to.

Certain topics may trigger trauma reactions.

- Identify self care activities you can do to re-center.

CONFIDENTIALITY

*What we've learned here can be shared,
but never share someone's personal story without their consent.*