



purpose **STATEMENT**

We are survivors. We share our courage, hope, and experience through this safe community of support. Understanding our trauma and the impact of abuse provides a foundation to apply healing tools and strategies. We use this meeting to strengthen ourselves through practicing the 5 Strategies to Reclaim Hope.

We use the power of this safe community to move forward on our healing journeys and help others find their way. We will learn from each other and reclaim hope.



meeting **GUIDELINES**

We make this a safe and respectful space by following these guidelines:

- We maintain confidentiality by using only our first names and not divulging what happens during our meetings, even to our families or significant others.
- We turn off cell phones when the meeting begins.
- We use appropriate language and don't raise our voices, no matter the emotions.
- We don't give advice, only support.
- We use "I" statements.
- We don't share details of our trauma; we give "headlines, not details."
- We accept all participants regardless of age, race, religion, sexual orientation, background or ability.
- We don't interrupt. We are quiet while someone else speaks and don't engage in side conversations.
- We don't make solicitations or assumptions related to religion, business, or politics.
- We ask everyone to check in, but we don't require participants to share; sharing is always voluntary.
- We hold ourselves and each other accountable and enforce the guidelines of the group.
- We follow the script as it's laid out without deviating. In this way we are able to maintain a safe, predictable meeting.



*“She had not known the weight
until she felt the freedom.”*

Nathaniel Hawthorne

FINDING *hope*

SUPPORT GROUPS





self-care **PRACTICES**

- Healing walking
- Yoga
- Reading
- Running
- Listening to music
- Meditation
- Writing in a journal
- Guided imagery
- Hiking
- Being in nature
- Breathing exercise
- Mindful eating
- Coloring
- Practice assertive communication
- Progressive muscle relaxation
- Play an instrument
- Muay Thai
- Art journaling
- Vision board
- Power pose
- Positive declarations

the 5 strategies to **RECLAIM HOPE**

01

awareness

Awareness is realizing that the only time something can happen is now. Refocus your mind on the present.

02

acknowledgement

Acknowledgement is knowing that your abuse happened, it wasn't your fault, but it is within your power to heal, change, and realize where you are now and what you need to do to heal.

03

power through surrender

Power Through Surrender is learning how your trauma voice talks to you and learning to let it be.

04

mindfulness

Mindfulness is the ability to focus on empowering thoughts and feelings while choosing to co-exist with non-productive thoughts and feelings.

05

faith

Faith is planning for the future without anxiety and connecting with a power greater than yourself.