



Can We Talk... Guidelines

- We welcome everyone of all orientations and ways of identifying.
- This is an open, safe space to share your voice and story about any kind of loss, grief, or trauma you have experienced; as well as your healing journey.
- It is so important for you to know that you don't have to share your story. In fact, everyone here is participating in the healing process just by listening to and witnessing the stories of others.
- We invite you to share your story in the way best suited to you. It could be in words, song, poem, silence, etc.
- We ask you only to speak your story, and not someone else's story.
- We ask that you keep your sharing as brief, 3-4 minutes, so that we can hear as many people as possible.
- If someone continues to speak for longer than a few minutes, Colleen (or designated person for your program) will raise her hand to give you a helpful reminder to finish what you are saying.
- You will hear the facilitator invite us all into a moment of silence after someone has shared to honor what they said.
- Please do not give advice or comment on another person's sharing in any way.
- Please be reminded that while we are people of faith, this is not a prayer service. We can all help each other's pain in our individual prayers.
- Please silence your cell phones. We ask you to listen deeply, honor what you hear, respect it is shared here and not free to be shared outside these doors and hold with reverence the courage and vulnerability it takes to share these stories.
- We are focused on listening where you are – whether it is in the depth of despair, in silence, or in the emerging resilience and strength of the healing process.
- Please do not use the time to advertise another program or resource.
- We have trained community companions here who are available to listen and support you. If anyone has a particularly difficult time you will hear me (the facilitator) speak encouraging words to them.
If it becomes necessary, Colleen (whomever your program has identified for clinical support), *a professional counselor*, will assist them as well.



- Sometimes when we have experienced trauma or significant loss, we can unexpectedly feel overwhelmed. If you feel you need to talk with a professional counselor, we have someone here – just let us know.
- If this is your first time with us, Welcome!! We want you to be able to relax and listen, or if you would like to share, we're holding this space for you!

THANK YOU FOR FOLLOWING THESE IMPORTANT GUIDELINES.

CORY JOHNSON PROGRAM FOR POST-TRAUMATIC HEALING

We are glad you are here. Let us know how we can be helpful.