

Things We ARE:

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
 - Where respect is given to each member
 - Where confidentiality is highly regarded
- A place to learn
 - A place to grow and become strong again
 - Where you can take off your mask
- A place for healthy challenges and healthy risks
- A possible turning point in your life

Things We Are NOT:

- A place for selfish control
- Therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A long-term commitment
- A place to judge others
- A quick fix