

A TIME TO . . .

Remember that this is a time to:

- **Care** for yourself.
- **Create** and find your stories.
- **Experience** a deeper part of “you” through guided meditations and creative writing exercises.
- **Feel** the relaxation, pleasure and healing benefits of creative expression.
- **Share** (if you wish) your writing.
- **Witness**. There is no “trying to fix” or offering of advice to each other.
- **Honor** confidentiality. No talking with others outside the group about anything shared during group time.

[Light candle to signal the beginning of the deepened meditation and writing time.]



My safe place is inside of me.

—Participant