

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 demonstrate genuine love
- A place to grow and become strong again
- A place for progress
- Where you can take off your mask and allow others to know who you are
- 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 rescue or be rescued by others
- A place for perfection
- A place to judge others
- A long-term commitment
- A quick fix