

Safe enviroment & communication

- **All forms of communication are welcome** (speaking, writing, drawing, or just listening).
- **You decide how and when to engage.** You are not obligated to share personal or emotional stories.
- We all have **different ways of thinking, experiencing, and communicating** that need to be respected.
- **Take a break** whenever you need to. The next room is for rest.
- **This is a safe space.** What is shared in the group stays in the group.

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