



**Mission Statement:** To create a supportive environment that promotes healing, empowerment and growth.

**Group Purpose:** The H.E.A.L group is always **free of charge** and is a global fellowship of women from all over the world; whose common purpose is to give and receive hope, empowerment, acceptance and love along our journey of self-discovery. The beauty and healing properties of the group are self-serving. Being among people with shared experiences and situations, creates a unique emotional identification that is different from the type of support obtained from a professional.

The group is not focused solely on domestic abuse but focused on being healthier women (emotionally & mentally). We talk through our experiences as women, and its an excellent resource for navigating our way to healing and growth through life transitions, trauma from mental/emotional/ physical abuse, divorce, grief, and many other topics that relate to specifically women and the all that we carry on our shoulders. Our group is focused on "the language of letting go of the things that do not serve us."

Often, you may feel like you are the only one struggling – but you're not. Overcoming and healing from past wounds, present addictions, and stressful circumstances, do not happen in isolation. We all need to be reassured we're not alone and are validated and accepted; this is the group's sole mission and purpose.

**Confidentiality:** Meetings are not recorded. All participants agree to abide by the rules of the group, including confidentiality.

**Respect:** H.E.A.L is a place of mutual respect, open communication and safety. It is a place where judgement is suspended, people are free to ask questions, vent frustrations or fears and explore answers for themselves. More importantly, it is a place to laugh, receive love and enjoy the connections and relationships that are formed.

A few important basic reminders to ensure respect include:

- As a virtual group, it's important that we all cameras be on throughout the meeting, please. Being in the meeting means that you showed up to engage, connect and participate.
- One speaker at a time
- Share feelings and experiences, but not advice
- Avoid interrupting; be respectful of time as you speak and allow others the opportunity to share or add their comments to the discussion.

**Respecting Boundaries:** Respecting the emotional, spiritual and intellectual boundaries of members in the group is a fundamental and essential element of H.E.A.L.

**No Religious Affiliation:** Women from all backgrounds, religions and age groups are welcome. Respect for spiritual boundaries requires that the group be accepting of a safe space for diverse religious and spiritual belief systems. There is no explicit religious affiliation or underpinning in this group, it is open to all faiths.

In H.E.A.L, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us.

**A Safe Place:** New members are never pressured to share in the group discussion; they have permission to listen and lay low. However, to ensure that current members also feel comfortable being vulnerable; we ask that everyone participate in the introduction, as well as the check-in/check-out. Beyond that, new members are welcome to listen and observe until they feel comfortable engaging in the group discussion.

Many people were taught that some feelings are acceptable, and others are not, that some feelings are negative, and others are positive, and that somehow, we need to be rescued from our feelings, especially painful ones such as anger, sadness, hopelessness, hurt, fear, helplessness and guilt.

Instead, this group represents a place of unconditional presence. In this space, feelings can be released when they are heard with compassion, empathy, respect and a lack of judgement. This is what unconditional presence means.

The H.E.A.L. group is a safe place to share our stories, find understanding, and empower each other to cope with problems. This is a place where the participant is surrounded by people who 'get it' and the facilitator plays an important role but is not the only teacher in the room. Participants act as role models for each other. Seeing others who are contending with the same adversity and making progress in their lives is inspiring and encouraging.

#### A few final things to remember....

- If you just showed up, it would be enough
- With transformation, expect anxiety
- Treat everything you hear in this group as an opportunity to learn and grow
- Telling someone they should or shouldn't feel something does not help them, but rather causes feelings to become distorted and/or blocked



## 12 Principals of H.E.A.L

We rely upon 12 Principals for knowledge and wisdom; they are the blueprint of our group and guide us in being conscious and disciplined in developing honest and fulfilling relationships with others.

1. **Awareness:** Becoming aware and no longer being in denial of my unhealthy relationships.
2. **Acknowledge:** Acknowledge that I cannot heal from the things that I don't confront.
3. **Boundaries:** Set, honor and maintain healthy boundaries for myself and others.
4. **Power:** Understand I have no control over others; my power lies in the control I have over myself.
5. **Guidance:** Trust and rely on the guidance I receive from my Higher Power and allow it to lead my decisions and choices.
6. **Surrender:** Make peace with and surrender to my Higher Powers plan instead of my own.
7. **Trust & Believe:** Learn to trust myself and those who've proven they are trustworthy while believing others when they show me who they are.
8. **Let Go or Fall:** Realize that the more I hold onto things that do not serve me, the more it disrupts my balance in life.
9. **Forgive:** Understand that forgiveness is giving up hope that the past could've been different; I release myself and others from that hope.
10. **Potential:** No longer allow the potential of what something could be, to be my motivation for holding onto unhealthy relationships.
11. **Validation:** I have always been and will always be enough; I do not need to seek validation from others.
12. **Love:** Learn how to love myself unconditionally, only then will I be available to give and receive it from others.

## H.E.A.L Virtual Meeting Information

Meetings are held every 2<sup>nd</sup> & 4<sup>th</sup> Thursday @ 6PM (EST)

Join us for our next meeting from the comfort of home!



Meetings are FREE

Registration is required; instructions and a link to join will be emailed following registration.

Go to [www.bit.ly/WOMENHEAL](http://www.bit.ly/WOMENHEAL) sign up to save your virtual seat!

This group is intended for women only.

### About Battered Not Broken

Battered Not Broken, Inc. is a 501 (c)(3) nonprofit organization, dedicated to preventing and responding to persons victimized by domestic abuse. Through the belief of the empowerment model, we provide 1:1 support, education and the resources needed. As a result, participants become conscious of the dynamics of dysfunctional relationships and empowerment is achieved.



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Hosted by Battered Not Broken, Inc.

# HEAL

Hope. Empowerment. Acceptance. Love

## Virtual Support Groups



## Women Supporting Women

Join us every 2<sup>nd</sup> & 4<sup>th</sup> Thursday from your phone or computer!



Battered not Broken, Inc. ® a Domestic Abuse 501 © (3) providing education, support empowerment and resources for victims of abuse.