



Family Wellness Weekend Guidelines

- 🕒 Speak from the heart, get to the heart of it, and be brief
- 🕒 Avoid rescuing/problem solving – instead try to normalize/empathize - be careful of giving advice
- 🕒 When speaking, use “I” messages – avoid using “you” or “we”
- 🕒 Give and receive with good intent for the emotional safety of the group
 - 🕒 Remember the guidelines of communication:
 - 1) Is what I’m about to say true?
 - 2) Is what I’m about to say helpful?
 - 3) Is what I’m about to say necessary?
 - 4) Is the timing right?
- 🕒 Remember at times that the facilitators will need to be “therapeutically rude”
- 🕒 Respect confidentiality – feel free to talk about your experience at Wellness Weekend with your family or friends, but please speak about only your own experiences