



**Wondering if the retreat is right for you?**

Contact [info@safecommunitiespa.org](mailto:info@safecommunitiespa.org) if you have any additional questions.

**Q:** I feel like the sexual harassment I experienced was not as bad as being sexually abused. Should I come to this retreat?

**A:** Sexual harassment is a form of abuse, and it can have long-term detrimental consequences. Depression, anxiety, and a nagging sense of “was this my fault?” can linger for years. Our goal is not to rank traumatic experiences, but to understand our common ground, and to move toward healing.

**Q:** Is this retreat for those who are just beginning to heal?

**A:** It is for survivors in all stages of healing! Recovery is not a linear process, and we may traverse its stages multiple times. Those mature in their healing bring wisdom to share; those in the messy middle find support; and survivors just beginning to understand how they were harmed find gentle support and welcoming community.

**Q:** I am easily triggered, and I am worried that might happen to me at the retreat.

**A:** We begin our retreat by talking about triggers and engaging in practices to help us ground ourselves when it happens. We also encourage lots of self-care and breaks. Finally, helpers will be available for anyone that needs some extra support.

**Q:** What if I see somebody I know? I feel so filled with shame.

**A:** Trauma is about what happened to you. As we heal, we gradually place the shame where it belongs – on those who hurt us. We also ask each person to keep confidential the names of those who attend and anything they say. We use first names only.

**Q:** I am worried about becoming overwhelmed if I talk about what happened to me. Do I have to share my story?

**A:** Definitely not! We discourage verbal sharing of detailed accounts, as that can be emotionally wrenching for everyone. Instead, we use indirect forms of storytelling through art and dialogue with scriptures.

**Q:** Is this retreat for women and men?

**A:** Yes. Most of our retreats are attended by women, but occasionally, several men have participated. We find that the common ground we share as survivors overshadows stereotypical notions of men as the perpetrators of violence (women also inflict sexual harm, especially to children). To be placed on a list for a future retreat for same gender only, please contact Safe Communities.

**Q:** Could I bring a support person with me?

**A:** Yes, at registration please enter their first and last name under "Support Person"

**Q:** I have a physical disability that limits my mobility. Is Journey House accessible?

**A:** Yes. Please indicate any mobility issues on your registration under 'needs'.