

# Spiritual Support Group

## For Parents Supporting their Family's Mental Health and Wellness

### Location

The Community House: 8 Temple Street, Kennebunkport, ME, across from the post office.

### Who is it for?

Anyone **parenting youth and young adults** who struggle with any type of (diagnosed or not) anxiety, depression, or other mental illness. Also, anyone who is among the adult support system of such youth and young adults including extended family members, adult siblings, or neighbors and friends.

Whatever your spiritual or religious tradition, you are welcome here. We assume that every person is blessed and a blessing. And we acknowledge that there are many spiritual paths and there are times we struggle to define any spiritual path. We will welcome the hope, renewal, strength and wellness that spirituality might provide.

### What is it?

An opportunity to share from your heart and spirit regarding the challenges and joys of parenting working to mental health and wellness.

An opportunity to receive and give support from others who are or have been on the same journey

We will listen deeply to one another for sources of strength, comfort and blessing. And we will share in each other's struggles and sorrows.

### When does it meet?

As this is a new group, we will begin with 4 meetings, Monday nights from 5-6:30

May 23, June 6 and June 20, July 11. *You may drop in for any or all.*

After these meetings, we will evaluate and plan to launch in the Autumn.

If you are interested but cannot make these meeting times, please email [revsusan.scc@gmail.com](mailto:revsusan.scc@gmail.com). I will keep you informed of developments.

### Confidentiality is Key:

We will promise to keep our conversations and who attends absolutely confidential. We will remind each other of this promise.

### Facilitation:

Meetings are facilitated by one or two people. The role of the facilitators is to help sustain a group that provides a safe, supportive, sacred, and spiritual space. We may offer an invitation,

question, or a comment to help that happen during the meeting and we lead the opening and closing rituals.

## Guidelines

1. We honor each other's presence and therefore we listen carefully to one another.
2. We allow each person time and opportunity to express himself or herself before anyone speaks twice.
3. It is OK to stay silent. You can say "pass" at any time.
4. Share feelings as well as thoughts including personal insights about your spiritual experiences.
5. Our main purpose is not to resolve difficulties but rather to listen, support and comfort each other. Any wisdom that emerges belongs to the group.
6. We use "I" statements when sharing our experiences, what we have learned, and what has been helpful or not helpful in our own lives. We do not offer advice to others unless they ask.
7. We are open to the expressions of how one's faith or spirituality has been a help and/or a hindrance. This group welcomes all faith traditions or none and welcomes everyone's understanding/experience of spirituality.
8. We agree that everyone has something of value to share with the group, if they so choose, so that no one person monopolizes the time.
9. Confidentiality is maintained in the group. We cannot share whatever a person says here anywhere else. We cannot share who has been in the group. We can only share that the group has been helpful to us and invite others to join.  
NOTE this exception: If the facilitators believe that a child or an elderly person is being abused they are legally obligated to report that potential to the department of health and human services as mandated reporters. If the facilitators believe this is an issue, they will be transparent with the group about their need to report their concerns.
10. We seek to provide a safe environment in which a person can share without judgment.
11. We keep our comments in the here and now.
12. If a person needs to leave the meeting at anytime, they are free to do so.
13. We begin and end on time.

## For more information:

Contact Rev. Susan Townsley [revsusan.scc@gmail.com](mailto:revsusan.scc@gmail.com)