April Update: Growing Plus We're Safe Together

Hello my dear friends, I hope you're all doing well. I've been thinking about you all and wanted to share a little update with you. I've been working on a few things behind the scenes and I'm really excited about them. Nothing huge, just small steps that I hope will make a big difference.

What's Staying The Same

Our Facebook group will continue as it always has. It's a safe space for us to share, support each other, and just be ourselves. I'll still be posting regularly and hosting our monthly meetups.

What's Evolving

I want to introduce you to a couple of exciting online Circles that I'm starting:

GROWN Community!
A space for adults to connect, share, and grow together.

Spill/Release Circle (Wednesdays 8:00 PM EST)
A weekly space to let it all out. A space for the frustrations and stresses of the week, so we can leave them behind and start fresh.

Stronger Than Ourselves Monthly Meetup

Our monthly meetup will continue as it always has. It's a safe space for us to share, support each other, and just be ourselves.

Why We Decided To Do This

This decision did not come easily.

We've been thinking about it for months, and I have been struggling with it personally. I've been worried about:

- Spreading myself too thin
- Not having enough time to do everything well
- Whether I'm actually helping anyone

But then I realized that I'm not doing this for anyone else. I'm doing this because I love creating spaces where people can feel safe, seen, and supported. And I've been missing that lately.

What This Means for You

I hope you'll join me in these new Circles. I'd love to see familiar faces and meet new ones. I'm not sure how it's all going to work out, but I'm excited to find out together.

If anything is unclear, please ask!

Looking Ahead

I have a number of ideas for other Circles that I'd like to offer, such as a Creative Circle and a Gaming Circle. If you have any suggestions, please let me know!

Frequently Asked Questions

Q: Will the Circles be recorded?
A: No, they will not be recorded. This is to create a safe space where you can feel comfortable sharing without worrying about your words being used elsewhere.

Q: What is a Spill/Release Circle?
A: It's a space to let it all out. To vent about the frustrations and stresses of the week, so we can leave them behind and start fresh.

Q: What is a Stronger Than Ourselves Meetup?
A: It's a monthly meetup where we can share, support each other, and just be ourselves. It's a safe space for us to connect and grow together.

Q: Will you be doing these in perpetuity?
A: I'm not sure yet. I'm starting with a trial period of 3 months. After that, I'll see how it's going and decide whether to continue.

Q: Why is this decision needed?
A: I've been struggling with feeling overwhelmed and spread too thin. I realized that I'm not doing this for anyone else. I'm doing this because I love creating spaces where people can feel safe, seen, and supported. And I've been missing that lately