

COMPASSIONATE CIRCLES

A Mental Health support group to take you on a journey from sanity to serenity

This is an initiative for individuals tackling various issues in their life such as facing a major illness or a sudden stressful change etc. We are a group of individuals from different walks of life with a common motive to be free from our suffering. The objectives of this group are to create a safe space, encourage a sense of community and provide an avenue for social support and empathy. We meet every week and inspire each other to express as well as achieve their full potential.

We emphasize on the fact that we are here not to compare or pull anybody down but to lift and rise together as a community. Our credo to maintain a non-judgemental environment is something that we stick by as we believe that we can reach our ultimate potential by helping each other out.

We follow a basic set of principles which are easy to comprehend and easy to follow in day to day life. Our only requirement is that you join with an open mind. We come with no strings attached. We are not connected with any political, religious or law groups and welcome anybody with open arms regardless of age, race, sex, caste, religion etc. As part of the group, we insist you follow the guidelines as they help in the smooth functioning of the group as whole.

The intent is to meet, learn and grow together keeping in mind the ground rules mentioned below.

1. Anonymity: -

It is the choice of the individual whether he/she wants to tell their name and other personal details. An individual's choice to remain anonymous is respected.

2. Confidentiality: -

This basically means, what happens in the room, stays in the room. Whatever an individual shares in the room with others, remains confidential with respect to the individual's privacy.

3. Active Listening: -

All members of the group must lend an active ear while the other member is speaking. Any form of interruptions will not be entertained. Only one person talks at a time. All electronic devices must be put on silent while in the room.

4. Punctuality: -

All meetings will start and end on time. There won't be any delays or preponements as we understand that each individual's time is valuable.

5. Accepting of others: -

The group offers respect for individual choices and experiences. No one needs to say anything she/he does not wish to say. The group is supportive rather than judgmental.

Other Important Points to Remember

- The group is a safe place to share feelings, and to obtain and provide support, information, reassurance and encouragement.
- The group is broadly defined. It is flexible; flowing with the participants' needs and interests, and provides an opportunity to reduce feelings of isolation.
- Although the results of going to group can be therapeutic, the group is not meant to replace individual therapy.
- Every effort should be made within the group to resolve conflict arising from or during group interaction.