



Stories of Our Lives

About Our Group and Our Agreements

Stories of Our Lives is a welcoming group where we explore memories, experiences and ideas through conversation, writing and other creative activities.

Sessions usually include a theme or prompt, time to think or create, and opportunities to share and listen. There is no pressure to write or speak, and everyone can take part in their own way.

- We each choose whether to write, speak or share, and how we take part.
- We listen with care and value everyone's contribution.
- We respect our own and each other's boundaries, time and energy.
- We welcome different experiences and points of view.
- We ask permission before photographing, recording or sharing someone else's words or story.
- We help create a space where everyone is treated with dignity and respect.
- We make room for creativity, connection, play and laughter.
- We can speak to Jolene if something is troubling us or we need support.

These agreements are set by the group, are here to support us, and we can change them together.