

Brave Space Norms

1. We see the individual first, not their challenges
2. We recognize that past trauma brings present distress
3. We understand that everyone has mental health and no one is immune to mental health conditions
4. We reject stigma and do not tolerate discrimination
5. We won't judge anyone's pain as less than our own
6. We embrace humor as healthy

Conversation Rules

- Take turns asking questions.
- Draw a question from one of the stacks.
- Choose another player to answer, the group, or answer yourself.
- If, at any point, anyone feels uncomfortable sharing an answer, skip it.
- Remember, there are no wrong answers - just genuine ways to connect with others.

Whisper it - Build trust and connections.
Personal questions to strengthen bonds.

Say it - Explore and deepen.
Encourage sharing and building compassion.

Shout it - Grow and encourage.
Conversations about identity, life experiences and mental health.

(Adapted from Say It Out Loud! 2023 NAMI)



Mental Health Café
June 21 at 6:30 PM



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