

# Safe Haven

## Healing Circles Application

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*Thank you for showing interest in our virtual healing circles; please fill this out so we can coordinate our facilitator schedules and get back to you promptly.*

1. **Name (or pseudonym). From now on, we will identify you as this:**
2. **What are your pronouns?**
3. **Briefly describe why you are interested in our virtual healing circles:**
4. **Have you participated in any support groups before?**
  - . **If Yes, was your experience positive or negative? briefly describe:**
5. **What made you decide to inquire about our healing circles?**

*The following questions are to help us find the best possible healing circle group for your individual needs so you feel safe, secure, and comfortable.*

**on a scale of 1 to 5 (1 Strongly Disagree and 5 being strongly agreed):**

- I am interested in Healing Circle activities related to sharing art.
- I am interested in Healing Circle activities related to sharing music.
- I am interested in Healing Circle activities related to journaling.
- I am interested in Healing Circle activities related to creative writing.
- I am interested in Healing Circle activities related to poetry.
- I am interested in Healing Circle activities related to guided meditation.
- I am interested in Healing Circle activities related to tapping & relaxation skills
- I am interested in Healing Circle activities related to group discussions.
- I am comfortable discussing sex/sexuality.
- I am comfortable discussing intimacy.
- I am comfortable discussing my traumas.
- I am comfortable discussing relationships.
- I am comfortable with the idea of sharing thoughts/ideas in our Healing Circle.

**6. Are there any demographics that are triggering for you due to past experiences or trauma?**

**7. Is there anything else you would like us to know about you or your desires for being a part of our healing circles?**