

# Motherless Daughters Community Calls Community Guidelines



1. Grief is a highly individual process. No two persons' processes will look the same. That's why we do not pass judgment about how others grieve, or criticize anyone's personal choices, feelings, or responses.
2. We are here to witness, support, and listen with curiosity and compassion. Acknowledgment and encouragement are of utmost importance. **Telling someone how to proceed or what to do is discouraged.** However, sharing what worked for you in a similar situation can be very helpful.
3. **We don't compare our grief to others'.** In the words of Elisabeth Kubler-Ross, there is no competition in suffering. No one's loss is more, better, worse, easier, or harder than another's. Please do not tell another group member how their loss compares to yours, or to anyone else's.
4. **We respect each individual's experience and story,** and meet each other where they are.
5. **We lift each other up.** We do not knock each other down.
6. **We do not attempt to offer professional advice.** Your facilitators are not mental health professionals, and this group is not intended to act as a substitute for therapy or mental health services. If you experience reactivated trauma, recover memories of trauma or abuse during the program, or find yourself temporarily unable to perform daily activities due to a resurgence of grief, **we may recommend and support you to seek out additional, professional assistance.** Our circle will continue to be here the whole time to offer you additional support!

7. **We are an inclusive community.** All female-identified women are welcome to join. We do not tolerate discrimination or personal attacks on any member for their race, religion, ethnicity, or sexual orientation. If we observe a conflict of this nature, we reserve the right to remove someone from the group and stop their subscription, with no refunds for the current month.
8. **We believe everyone does the best they can to cope under difficult circumstances.** You may meet others in this group whose coping strategies are similar to yours. You may encounter others who have made different choices, and whose decisions may trigger strong emotions or memories for you. We ask that you reach out to a facilitator if this happens. Remember, we are all bringing our most honest, vulnerable selves to this endeavor, and our aim is to protect everyone's most tender parts, including yours.
9. **We ask that you refrain from sharing specific details about experiences such as rape, incest, abuse, and graphic violent deaths on screen,** as this can be triggering for members of the call who may not be prepared to talk or hear about it at that moment.
10. **We do not probe others for personal or sensitive information,** especially during the open conversation portion of the call. If someone volunteers such details, that is their choice. We do not ask for details they have not voluntarily shared.
11. **To preserve privacy on our calls,** we ask that you turn off video and audio if someone comes into your space or if you need to tend to a child. We want everyone to feel able to speak freely, and, also, to prevent anyone at your end from hearing anything that may be upsetting to them.
12. **We categorize the MDCCs on YouTube as Unlisted,** which means they aren't searchable on Google. You must have the link in order to view it. Links are only shared with current subscribers, not with past subscribers.
13. **We support you in your self-care!** After a call you may want to take some time for yourself, to write in a journal or contemplate some of the information you've learned or heard. And as always, please let us know how we can continue to improve your experience.