

## All-Recovery Meeting Facilitator Guide 170414

Adapted from Faces and Voices of Recovery: [facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org)

**OPENING:** Welcome to this All-Recovery Meeting. My name is \_\_\_ and I'm a person in long-term recovery who'll facilitate today's meeting. This meeting occurs here every \_\_\_\_. These meetings are a time and place for people to come together and learn from and share hope with one another. All are welcome who are allies of, or who want connections with, people who self-identify as being in recovery or who are pursuing progressive health and wellbeing. We support all recovery pathways so this is a "non-denominational" meeting where the discussion and format is meant to be very open and where you can experience being understood and not judged. Specifically that means we share what has worked for us as options that others may decide to try. Two key guidelines:

- 1) When speaking, introduce yourself in whatever way best works for you. It's ok to ask questions and quiet cross talk in moderation is fine. It's also ok to share more than once. And of course it's ok to participate by just listening if that's what you want to do.
- 2) Following an open and inclusive format, we ask only that everyone try to understand and respect each other's views and comments, stay mindful of how long and how often you're sharing, and please do not divulge outside of this room who is here without her or his permission.

Let's take 1 minute to be **still and silent** as we reflect with gratitude for each of us here and for others who we care about.

A few other things to mention for those who haven't been with us before.

- 1) Please pass this **Sign-In Sheet** ([here](#) is a paper version for printing and [here](#) is an online Google Form if you are using a tablet, phone, etc.) around and add your information if you're willing. This helps us but it is not a requirement. Also, if you're interested in connecting with a peer recovery coach, please check the box, and a peer one will call, text or email you as soon as possible.
- 2) **Coffee and water** are available in the kitchen. Please help yourself.
- 3) **Restrooms** are in the hallway on both sides of the building.
- 4) **Smokers**, please smoke only in the designated smoking area which is \_\_\_\_\_. E-cigs or vaping is not allowed in the building, please.
- 5) And finally, to **prevent distractions** during the meeting please turn off your cell phone.

**DISCUSSION:** Who would like to bring up a **topic** today or check-in now? Let's take a minute for a discussion to start and if nothing is brought up, I'll introduce a topic.

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### **CLOSING: 5 minutes before the scheduled group end time**

Thanks to all who came to today's meeting, and thanks to everyone who shared. Please remember to keep what was shared in this room. For those who are interested, please stay behind for additional information about recovery or the services that we offer. Does anyone have a recovery-related announcement they'd like to make before we end?

Let's take 1 more minute to be **still and silent** to reflect with gratitude for each of us here and for others who we care about.

**Optional closing:** Let's end by going around to hear from those who want to share **one word** describing how you feel now.... Thank you for coming. We'll meet here again next \_\_\_\_, and bring someone with you!