

# Sisters' Circle

## Community Policies



*Creating Brave, Safe Spaces Together*

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## Our Commitment

Sisters Circle is built on trust, respect, and mutual care. These policies exist to protect everyone in the space and ensure every woman feels safe to show up authentically.

By joining Sisters Circle, you agree to uphold these guidelines.

## Confidentiality Policy

**What's shared in the circle stays in the circle.**

- Do not share anyone's personal stories, struggles, or details outside of the session; verbally, in writing, or on social media
- You may share your own experience and general insights you gained, but never identify or reference other members
- Screenshots, recordings, or photographs of sessions are strictly prohibited unless explicit consent is given by all participants
- Breaching confidentiality may result in removal from Sisters Circle

**The only exception:** If someone discloses risk of harm to themselves or others, we have a duty of care to signpost or report to appropriate services.

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# Community Agreements

## Respect and Dignity

- Treat every member with kindness and respect, regardless of background, beliefs, or lifestyle.
- No judgment, criticism, or unsolicited advice.
- Honour diverse perspectives, this is a space of learning, not debating.

## Listen to Understand

- Give your full attention when someone is sharing.
- Avoid interrupting or preparing your response while others speak.
- Hold space without trying to "fix" anyone.

## Speak from "I"

- Share from your own experience using "I" statements.
- Avoid generalisations or speaking on behalf of others.

## Right to Pass

- You are never required to share
- "I pass" is a complete sentence, no explanation needed
- Participate in whatever way feels comfortable for you.

## No Phones or Distractions

- Keep phones on silent and out of sight during sessions
- Be fully present, this is your time too

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# Boundaries Around Support

**Sisters Circle is a peer support community, not a clinical service.**

- We do not provide therapy, counselling, or medical advice
  - Facilitators are not mental health professionals unless otherwise stated
  - If you are in crisis or need professional support, we encourage you to seek appropriate services and can provide signposting.
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# Photography and Recording

- No photos, screenshots, or recordings without explicit consent from all participants
  - If promotional content is being captured at an event, you will be informed in advance and can opt out
  - Facilitators may take photos at in-person events for Free 2 Rest use only, participation is optional
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# Safeguarding

**Free 2 Rest is committed to the safety and wellbeing of all members.**

- If you disclose or we observe signs of abuse, harm, or risk to yourself or others, we may need to take appropriate action, including signposting to professional services
  - If you feel unsafe at any point during a session, please notify the facilitator privately
  - We do not tolerate harassment, bullying, discrimination, or abusive behaviour of any kind
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# Inclusion and Accessibility

- Sisters Circle welcomes women from all backgrounds, ethnicities, faiths, abilities, and life stages
  - Let us know in advance if you have accessibility needs so we can accommodate you
  - We are committed to creating spaces free from racism, homophobia, transphobia, ableism, and all forms of discrimination
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# Attendance and Punctuality

- Please arrive on time to minimise disruption
- If joining online, log in a few minutes early to settle in
- If you can no longer attend, kindly let us know so we can offer your space to someone else

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# Breach of Policies

If these guidelines are not upheld:

- You may receive a private conversation with the facilitator
- Repeated or serious breaches may result in removal from Sisters Circle
- We reserve the right to refuse participation to anyone who compromises the safety of the space

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# Agreement

By registering for and attending Sisters Circle, you confirm that you have read, understood, and agree to abide by these policies.

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*These policies help us protect the trust and safety that make Sisters Circle a sanctuary.  
Thank you for honouring them.*

**Questions or concerns?** Contact us at [free2restproject@gmail.com](mailto:free2restproject@gmail.com)

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*Together, we are Free to Rest.*