



The Open Circle is a 90-minute, trauma-informed storytelling session designed to create connection, encourage reflection, and support mental and emotional well-being. This guide is for schools, community organizations, individuals, and partners interested in hosting an Open Circle with us in their space.

#### 1. Before the Circle

- Choose a comfortable, quiet, and accessible location (indoor or outdoor).
- Ensure there is enough seating arranged in a circle, with space for optional writing or art materials.
- Consider any cultural or accessibility needs of your group.
- Promote the event with inclusive, welcoming language (we can help with this).

#### 2. What StoryBridge Provides

- A trained, trauma-informed facilitator.
- All creative materials (journals, markers, collage supplies).
- A simple guided theme and process for the circle.
- Setup and teardown support.
- Optional promotional materials (poster templates, blurbs, etc.).

#### 3. What You Provide

- A safe, welcoming space with chairs for participants.
- A staff member or contact person on site.
- Optional refreshments or snacks (if desired).
- Help with outreach to participants from your community or group.

## How to Host an Open Circle

#### 4. On the Day

- We arrive 30–45 minutes early to set up.
- We begin with a land acknowledgment and group agreements.
- Participants will use writing or visual tools to explore the prompt.
- Sharing is optional but encouraged.
- We close with reflection and an invitation to continue the journey.

#### 5. After the Circle

- We may offer an anonymous feedback form.
- We encourage continued storytelling or follow-up circles.
- Photos (if taken with consent) may be shared on our site or in reports.
- We welcome your feedback and stories!

### Let's Get Started!



To schedule an Open Circle or talk more about what hosting looks like, contact us at:

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