

**Sponsored by the Metropolitan Community Church (MCC)  
of Richmond**

# **Ending The Stigma: A Mental Health Discussion and Support Group - Purpose and Participation Guidelines**

## **Group Purpose:**

1. To reduce the stigma associated with mental illness.
2. To educate both group members and our communities about mental health concerns.
3. To provide support to anyone living with or affected by mental illness.
4. To discuss topics pertinent to those living with or affected by mental health matters.
5. To explore and to learn about mental health resources at the local, state and national level.
6. To provide a safe and comfortable environment where we can express our thoughts without fear or judgment.

**Please be aware that this is not a therapy group.**

## **Participation Guidelines:**

1. Each person may set his / her / their own boundaries for personal sharing. No one must share if he / she / they do not wish to do so.
2. Avoid making generalizing statements as much as possible (i.e.: All people do; Most people feel; etc.).
3. Respect everyone's cultural, linguistic, social and racial differences.
4. Use "I" statements to share comments within the context of personal experiences. For example, "When I was faced with a similar problem, I..."

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5. Treat group members with respect, kindness and compassion. Let them finish their thoughts without judgment and listen without interruption or other distractions.
6. Allow opportunities for those who wish to speak to do so.
7. Do not offer advice to others unless they specifically request it.
8. **Confidentiality is a must! What is said in the group stays in the group.**

**Group Facilitator:**

Calvin Wills

[darnellcw@gmail.com](mailto:darnellcw@gmail.com)

703-656-6642

**Co-Facilitator:**

Loretta Mountcastle

[rollinroletta@aol.com](mailto:rollinroletta@aol.com)

804-291-8676

**Note:** If you need assistance with accessibility to the building, please call or e-mail Calvin or Loretta so that we can direct you to the appropriate entrance.