



Processing Group

Statement of Understanding

Commitment

Committing to a group means you:

1. Will continue until everyone in your group has completed their Fresh Start process.
2. Will be at Fresh Start every week from 7-9pm until each participant has completed Steps 1-6 of the Fresh Start booklet.
3. Will contact your Group Leader to let them know of your absence. If multiple sessions are missed, please speak to your Group Leader about possibly restarting in another group.

Process

The Fresh Start evening includes two parts:

1. **The First Hour (7-8pm)**
Personal "Fresh Start" stories will be shared that highlight the process and are designed to build a base of hope and greater understanding.
2. **The Second Hour (8-9pm) Group Processing Time**
 - **First week:** The first night will include an overview of the group process; a review of the Statement of Understanding, and a discussion of how to use the Fresh Start booklet. At least one group leader will share how he or she has applied the process in his or her own life.
 - **Following weeks:** Each night, one participant will process Parts 1-3 of the Fresh Start booklet. After everyone has completed Parts 1-3, then Parts 4-6 will be processed.
 - **Final Week:** The final night will include an opportunity to fill out the Processing Inventory Form...and MORE.

Guidelines

1. **Fresh Start Groups are not counseling sessions:**
Groups are designed to help each individual process his or her offense, hurt, loss, and/or traumatic event, and then ultimately experience **forgiveness** and/or **freedom** from the debilitating effects of the trauma or loss.
2. **Coaching and encouragement will be provided by Fresh Start Group Leaders ONLY:**
We ask that Group Participants please not give advice or input.
3. **Your Group is a safe, caring environment. All Group Participants are asked to maintain CONFIDENTIALITY with what is shared.**