



## **MEND: FAQs**

### **Is MEND for me?**

This class was designed for those who have experienced sexual trauma. The definition we're using for the class is:

Sexual trauma: any type of sexual behavior, visual exposure, verbal harassment or physical contact where consent is not freely given or obtained and is accomplished through force, intimidation, violence, coercion, manipulation, threat, deception, or abuse of authority.

Many people struggle to name what happened to them. We encourage people to move away from their intellect (and definitions) and toward their feelings.

- If you have experienced sexual trauma, it feels as if something wrong has happened. It has.
- It feels like you can't tell anyone. You can.
- It feels like you're alone or isolated. You're not.

Focus less on comparing your story to others and realize that your story matters. It matters to us and we hope you join us.

### **What is the format of MEND?**

Our goal each semester is to offer MEND virtually (via Zoom) AND in person in order to accommodate for various needs, however the format looks similar regardless. The beginning of group allows for catch up/transition into the night, you'll watch a video of a speaker discussing a provided topic for about 25 minutes, and then discuss provided questions with your group for about an hour. Topics will primarily focus on emotions that come as a result of sexual trauma (depression, anxiety, denial, guilt, shame, anger, etc.). Participants will be encouraged to use provided journal prompts throughout the week to continue to process the week's topic.

### **What age is MEND for?**

Mend is for individuals 18 years old and older. Our facilitators range from their 20s to 60s, and are participants are typically similarly represented.

### **Is MEND for men, women, or both?**

Currently MEND is exclusively for women. We have all female speakers and female facilitators. Our hope is in the future to be able to replicate this ministry for men as we know it is certainly a need for them as well.

### **Do I need to live in the Triangle area?**

No! This is one of the advantages of having a virtual option. We are hoping to be able to connect with people on a much larger geographical scale.

### **How many people will be a part of MEND?**

Each semester varies; however we aim for each group to have between 4-7 participants and 2 facilitators.

### **Is there a cost?**

There is only a cost if you want a journal. We have created beautiful journals and are happy to mail them to you for \$10. If you want to one, simply share your address and pay during registration.

### **Will I have to share?**

No. We respect that participants will have varying readiness to share. The more you participate in the discussion, the more beneficial your experience will probably be, but you will ALWAYS be in control of what and when you share.

### **Is this confidential?**

Confidentiality is critical to the development of a safe, respectful, and trusting atmosphere in which individuals share their feelings openly. While we cannot FULLY guarantee confidentiality due to the design of the class, it is one of our TOP priorities, and we will stress its importance repeatedly. If any issues arise, our MEND coordinators will deal with them individually.

\*Additional confidentiality measures required for participating online include:

1. Participation in the Zoom calls to be done in a private space.
2. Headphones or airpods to be used by ALL leaders/participants so everyone can feel more confident that there aren't listening ears around others' devices.

### **MEND is associated with a church — will you be talking about God?**

The short answer is yes. We believe Jesus is the hero of all stories, so we can't hide that. HOWEVER we also know that not everyone who experiences sexual trauma believes that. Some people may have a different faith, no faith, or are currently very angry with, or disappointed by God. YOU ARE WELCOME AT MEND. We will respect wherever you are and do our best to love you there. The topics we discuss each week will focus on the feelings sexual trauma leaves you with (anger, denial, guilt, shame, despair, etc.), and these feelings tend to be universal no matter where a person is spiritually. Through MEND, we believe each participant will have an opportunity to find support and encouragement on their journey toward healing.

### **What if I have more questions, am not ready, or my schedule conflicts?**

Contact us! Email MEND@gethope.net and one of our coordinators will be happy to talk with you to discuss your questions or provide other resources.