# Listening First. Building Together.

*Thank you for taking a few moments to share your thoughts with us.*

*Mahalo Wellness believes that the strongest communities are built by listening. Rather than assuming what people need, we'd like to hear directly from those who live, work, love, care for others, and walk alongside recovery and healing every day.*

*Your responses are anonymous unless you'd like to share your contact information. They will help us create meaningful groups, educational workshops, wellness experiences, and opportunities for connection throughout our community.*

*Thank you for helping us shape something that truly belongs to everyone.*

**About You** (Optional)
- ☐ I am seeking support for myself.
- ☐ I am supporting someone I care about.
- ☐ I work in healthcare.
- ☐ I work in behavioral health.
- ☐ I am in recovery.
- ☐ I am a family member of someone in recovery.
- ☐ I am a caregiver.
- ☐ I am a senior adult.
- ☐ Other: _____

**Which topics would interest you?**
**(Check all that apply.)**

**Recovery & Addiction**
- ☐ Understanding addiction
- ☐ Relapse prevention
- ☐ Recovery coaching
- ☐ Maintaining long-term recovery
- ☐ Healthy coping skills
- ☐ Managing cravings
- ☐ Building a sober social life
- ☐ Medication Assisted Treatment education
- ☐ Family recovery
- ☐ Boundaries with loved ones
- ☐ Supporting someone struggling with addiction
- ☐ Understanding enabling vs. helping
- ☐ Narcan education
- ☐ Stigma reduction
- ☐ Community conversations around addiction

**Mental Wellness**
- ☐ Anxiety
- ☐ Depression
- ☐ Stress management
- ☐ Burnout
- ☐ Self-esteem
- ☐ Building resilience
- ☐ Emotional regulation
- ☐ Mindfulness
- ☐ Self-compassion
- ☐ Finding purpose
- ☐ Life transitions
- ☐ Healthy relationships
- ☐ Loneliness
- ☐ Social connection

**Grief & Healing**
- ☐ Grief after loss
- ☐ Caregiver support
- ☐ Anticipatory grief
- ☐ Healing after trauma
- ☐ Forgiveness
- ☐ Finding hope again
- ☐ Life after significant change

**Wellness**
- ☐ Beach mindfulness gatherings
- ☐ Walking groups
- ☐ Gentle movement
- ☐ Guided meditation
- ☐ Journaling workshops
- ☐ Creative expression
- ☐ Nature and healing
- ☐ Guest speakers

**Which format appeals to you?**
- ☐ Small support groups
- ☐ Educational workshops
- ☐ Guest speaker series
- ☐ Interactive discussions
- ☐ Wellness experiences
- ☐ Outdoor gatherings
- ☐ Beach gatherings
- ☐ Walking groups
- ☐ Coffee & conversation
- ☐ Hybrid (in person + virtual)
- ☐ Virtual only

**How often would you attend?**
- ○ Weekly
- ○ Every other week
- ○ Monthly
- ○ Occasionally
- ○ Only special events

**Preferred Day**
- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

**Preferred Time**
- ☐ Morning
- ☐ Midday
- ☐ Afternoon
- ☐ Evening

**Which age group best describes you?**
- ○ 18–29
- ○ 30–44
- ○ 45–59
- ○ 60–74
- ○ 75+
- ○ Prefer not to answer

**If gatherings were held in a welcoming private home, would you feel comfortable attending?**
- ○ Yes
- ○ Maybe
- ○ No

**If weather permitted, would you enjoy outdoor gatherings such as beach discussions, nature walks, or wellness circles?**
- ○ Yes
- ○ Maybe
- ○ No

**What would make you feel safe and comfortable attending?** _____
_____

**Is there a group you wish existed?** _____
_____

**What is one challenge facing our community that you believe deserves more attention?**_____
_____
_____

**Is there anything else you'd like us to know?**_____
_____

STAY CONNECTED
Name: _____
Email: _____
Phone: _____

website: www.mahalowellness.org email: info@mahalowellness.org

*"Healing begins when people feel seen, heard, and connected. Thank you for helping us build a community where everyone belongs.*