



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
- ☐ Coping with the Care of Aging Parents
- ☐ Burnout/Stress Management
- ☐ 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 formats appeal 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 Days

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Preferred Times

- ☐ Morning
- ☐ Midday
- ☐ Afternoon
- ☐ Evening

Which age group best describes you?

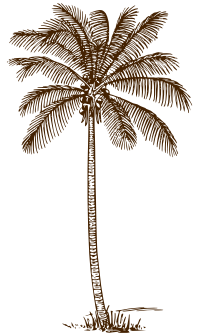
- ☐ 18-29
- ☐ 30-44
- ☐ 45-59
- ☐ 60-74
- ☐ 75+
- ☐ Prefer not to answer

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."