

Rooted Facilitator Meeting Checklist

Pre-Meeting Setup

- ✓ Arrive 10–15 minutes early
- ✓ Arrange seating in a welcoming, circle-style format
- ✓ Prepare any printouts (reading, meditation, prompts)
- ✓ Light a candle or place a symbolic object if desired
- ✓ Have a donation jar or QR code visible
- ✓ Breathe and ground yourself before participants arrive

Opening Materials To Be Read Aloud By Participants
Print each topic individually and have a participant grab a page and read in order

The bulk of the meeting will be facilitated through the book.

Welcome Statement

Welcome to Rooted. This is a trauma-informed recovery space where all forms of healing are honored. You do not need to be recovering from a specific addiction. This space is for you if you are healing from trauma, grief, codependency, food issues, self-abandonment, disconnection, or simply the experience of living in a world that didn't always feel safe.

We believe in holistic, embodied recovery. We believe you are not broken. And we believe that healing happens in community, not in isolation.

Mission of Rooted

Rooted exists to create safe, trauma-informed spaces for recovery. We are not about fixing people, but holding them in their healing.

We seek to reimagine what recovery looks like: holistic, inclusive, and grounded in compassion—not shame.

This program is for anyone seeking reconnection with themselves—regardless of diagnosis, background, or trauma history. We honor all recovery paths. We hold space for grief, anger, joy, numbness, and everything in between. All parts of you are welcome here.

The 12 Steps of Rooted

1. Awareness – I recognize my need for healing.
2. Hope – I Allow the Possibility of Healing.
3. Surrender – I Allow What Is.
4. Willingness – I open to inner truth.
5. Responsibility – I own my part with compassion.
6. Readiness – I let go of what no longer serves me.
7. Humility – I live in alignment with my values.
8. Honesty – I make peace with my truths.
9. Forgiveness – I release myself and others.
10. Integration – I continue to grow and tend my inner world.
11. Service – I extend healing outward through presence and compassion
12. Purpose – I become a living invitation to healing.

Community Guidelines

- ✓ We honor silence as part of the process
- ✓ We do not give advice, cross-talk, or comment on others' shares
- ✓ We do not interrupt, fix, or interpret others
- ✓ We use "I" language and stay with our own experience
- ✓ We do not tolerate racism, homophobia, transphobia, fatphobia, ableism, or spiritual bypassing
- ✓ Confidentiality is expected. What's shared here stays here
- ✓ All forms of participation (including listening) are valid

Why Donations Matter

Rooted meetings are offered from the heart, but we rely on donations to sustain this healing space. Your contributions help cover rent, materials, and allow us to remain inclusive for all who need this support. No one is turned away for lack of funds—but if you are able to give, we are deeply grateful.

Meeting Close

“Let’s close today with the Rooted Dedication—a reminder of our courage and growth.”

(Group together):

“May I root into what is real.

May I grow from what I’ve lived.

May I bloom, even here.”

