



## Tranquility Tent Rules

**The Tranquility Tent is a safe place for staff to come to share feelings, obtain and provide support, information, reassurance and encouragement.** The therapeutic offerings in the tent are intended to be flexible and flowing with the participants' needs in mind. It is an opportunity to come together to reduce feelings of isolation. We ask that you respectfully follow the rules of the tent, for all to partake in the process of healing and recovery.

1. Keep an open mind.
2. Everyone is important.
3. Come without preconceived ideas or judgements.
4. Maintain appropriate distancing from others.
5. Practice good infection prevention, wearing masks at all times and Purell hands before entering tent.
6. Turn off all phones and pagers.
7. Everything that is said and heard in the tent will be treated with respect.
8. It is ok not to share your feelings in the tent, but please respect the privacy of those who do.
9. We ask that those who come to the tent partake in the healing activities and save socialization for after the experience.
10. No food or drink in the tent.
11. Do not be critical of one another's journey or experiences.
12. If you are feeling overwhelmed, please speak to the staff in the tent for support and resources.

In the case of inclement weather, sessions will be moved to conference room A.