

COMMUNITY HEALING PATHWAYS



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**COMMUNITY
HEALING
PATHWAYS**



Community healing reminds us that we don't have to carry everything alone. These pathways help rebuild connection, foster belonging, and create emotional safety after stress, crisis, or loss.

- Healing expands when it happens together: community rituals, shared meals, storytelling, and collective problem-solving all provide emotional strength.
- When possible, stay connected through cultural traditions and mutual support.

Here are some recommended community healing pathways:

- Small Support Circles
- Storytelling + Shared Experiences
- Cultural + Spiritual Practices
- Movement + Wellness Together
- Nature-Based Healing
- Creative Expression + Arts
- Digital + Distance-Based Community Support
- Collective Reflection & Celebration

[see **Appendix E** for practical community healing pathways]