

# 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]