Listening Zone Participant Guidelines

Have something to share? We are offering free listening. Here is how it works:

* SCZC volunteers will offer a safe, confidential, and empathetic space for you to share whatever may be on your mind
* Each session will last up to 15 minutes
* Feel free to share what you wish
* If a volunteer feels uncomfortable during the session, they can set boundaries or end the session as necessary
* Volunteers will simply listen to you, reflect your share, and ask questions.
  + This is not a place for counseling, and advice or direction will not be given.
  + It is simply an opportunity for you to have your thoughts and feelings heard by active and engaged listeners
* You may end the session any time you wish
* Once you are finished, feel free to move on and enjoy your day!!
* Feel free to ask any questions if you need further clarification

### Thank you for participating!!