

Welcome to the Leaving Religion/Living Without Religion Support Group

Our Goal:

We are a group of peers with a variety of personal stories. We have experienced various hardships during our transition and departure from religion; hence, our goal is to provide a supportive environment for people who are currently transitioning and are having many doubts. Those who have left religion behind but are still dealing with related problems are also welcome. We are not trained counsellors but are supportive peers who would like to assist people to make their own decisions through listening and sharing personal experiences. We hope that we can provide a sense of community and help others have a better sense of fulfilment in life.

Terms and Conditions:

Since we consider ourselves a group of peers and not counsellors, we would ask you to please read the following and place a check in the boxes to show that you have read and agree with the guidelines.

- No preaching is allowed.
- No debates are allowed.
- Abusive language towards others in the group or towards the facilitators will not be tolerated.
- In case it is decided that the meetings are not appropriate for certain individuals, the facilitators reserve the right to ask that individual to leave.
- Everyone attending these meetings and the facilitators have to keep all that is discussed confidential except for the below law.
- Finally, please read the below BC law which requires the facilitators to report any past, present or future child abuse which may be disclosed during the meetings

The [Child, Family and Community Service Act \(CFCSA\)](#) requires that anyone who has reason to believe that a child or youth has been or is likely to be abused or neglected, and that the parent is unwilling or unable to protect the child or youth, must report the suspected abuse or neglect to a child welfare worker.

Visit our website at askuskelowna.ca for more information



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When: The third Thursday of each month

Where: Bean Scene, 371 Bernard Ave, small private room at the back of the cafe, please purchase a drink or dessert to support the cafe as the room is free

Time: 7:45 pm - 9:00 pm

Please come between 7:45pm - 8:00pm where we will informally socialize. Please read the guidelines on the back of this sheet and check the boxes before coming to the meeting.

The meetings will promptly start at 8:00 pm

8:00 - 8:10 pm – Introductions

8:10 - 9:00 pm Topic Discussions

Possible topics:

- Dealing with family and friends.
- Are there stages of faith?
- What are the hierarchy of values?
- How do we understand death?
- Can we quit a belief system?

9:00pm - Official close of the meeting. The cafe is open till 10:30pm but our booked room may not be available.

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