What is a Listening Circle?

Listening Circles are a safe space for people to connect online. They give you a chance to share how you are doing, work with our Listening Circle leaders to de-stress, and practice tools that can help when times are tough.

This is not therapy. Listening Circles are meant to give people a space to connect and take a load off. We all need connection, and we know that the challenges of this year have made it harder for people to connect.

Who will be there? Can someone join with me?

These Listening Circles are open to caregivers and parents. Each Circle is led by our Family Engagement Specialist, Mary Lloyd. Mary is a certified Family Partner and Peer Support Specialist. You can come on your own or invite someone to join with you! The more, the merrier!

How do I join?

You can join from a phone, tablet, or computer. Just follow the link to the session you want to join. You do NOT have to register. If there are kids, pets, food in the background that is ok!

When are Listening Circles? Is there a fee?

Listening Circles are FREE. They are held every Thursday from 6:30p.m. – 7:30p.m.
Listening Circles for Caregivers and Parents will be held every Thursday evening beginning May 6, from 6:30p.m.-7:30p.m. Click on the link to join a Thursday Listening Circle with Mary Lloyd, Family Engagement Specialist.

Thursdays 6:30 p.m. to 7:30 p.m.
Click here to join the Listening Circle
(Meeting ID: 812 3546 1319
Passcode: 330445)

How to Join a Listening Circle

Wait! I'm not very comfortable with Zoom. How do I join?

No problem! Joining a Listening Circle is as easy as 1-2-3!

1. Using your smartphone, tablet, or computer click the link above to join.
2. Once you click on the link, another window will open that will begin loading the Zoom session.
3. If prompted, enter the meeting ID and password. Enter your name when asked.

Listening Circles are a space to connect with others, therefore they are most impactful when you turn your camera and microphone on.