

OUR GROUNDING GUIDELINES

- I choose to be present.
- I choose to respect, be kind to, and authentic with myself, my colleagues, and this time/space we share.
- I choose to speak for myself, take care of myself, and challenge myself as I am able.

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Reference: Small, N. 2020. *Groundswell Surf Therapy Curriculum*. San Diego, USA. Groundswell Community Project.

