

# Interhelp Community Guidelines

## Tending and Mending our Social Web

Interhelp's "Tending and Mending" action circle aims to provide resources for a healthy social community in Work That Reconnects spaces. Mechanisms to integrate useful guidelines, plus systems of support such as Community Practice Days are key for this learning process.

See the latest versions of [Interhelp Community Guidelines](#) and related [Appendices](#).

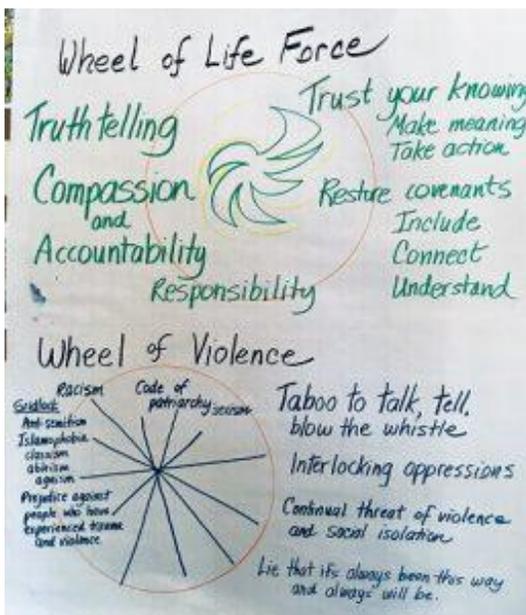
See [Stepping Up](#) worksheet by Sarah Pirtle for a thoughtful four-step process to support facilitators and participants in interrupting potentially harmful statements or interactions.

## Background

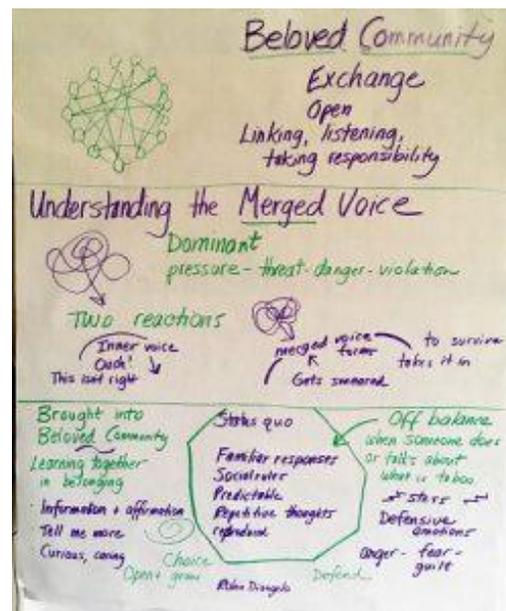
In 2017 Interhelp convened a "Tending & Mending" action circle. A priority in this area is an evolving set of Community Guidelines.

A Community Day in April 2018 got the wider network involved.

In Spring 2019, a similar workshop filled to capacity. Images below are courtesy of Sarah Pirtle, facilitator with Aravinda Ananda of that event.



The Wheel of Life Force and the Wheel of Violence



Beloved Community; Understanding the Merged Voice