Beloved Berachah CIC
FREE RESOURCE GUIDE

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Preparing Your Space

When supporting vulnerable women, the environment speaks volumes before a single word is said. Use this checklist to ensure your space is physically and emotionally safe.

Physical Environment

- **Lighting & Layout:** Are spaces well-lit? Are chairs arranged so no one feels trapped or blocked from an exit?
- **Quiet Spaces:** Is there a designated quiet area for someone who may become overwhelmed or triggered?
- **Signage:** Are exits and bathrooms clearly marked? Predictability greatly reduces anxiety.

Emotional Environment

- **Welcoming Language:** Do greeters and volunteers use warm, non-judgmental language?
- **Clear Expectations:** Are the schedules or agendas for meetings/workshops clear so attendees know exactly what to expect?
- **Visible Resources:** Are national helpline numbers and safeguarding policies visibly displayed?

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