

The Hyacinth Fellowship Support Resources

Thank you for reaching out to The Hyacinth Fellowship (THF). We are a worldwide nonprofit organization based in the United States. We offer a variety of resources to help individuals who have caused unintentional harm or death regain peace after their incident. These resources are intended to supplement professional support through psychotherapy or other forms of licensed professional help and are not intended as a substitute for professional treatment.

What meetings does The Hyacinth Fellowship offer and when?

We offer three online meetings each month. They are offered free of charge, but advance registration is required each month to receive the Zoom link the Saturday before each meeting.

- **Expressive Writing:** Our Expressive Writing group meets the **first Sunday of each month, from noon until 1:00PM Pacific Standard Time**. Here's how it works: We present the group with some ideas to help get us started, set the timers on our phones for 20 minutes and begin to write. At the end of the 20 minutes, we come back together as a group to share our experiences. [Click here](#) to register for our next meeting.
- **Book Club:** The Hyacinth Fellowship Book Club **meets the second Sunday of each month, from noon until 1:00PM Pacific Standard Time**. In addition to providing another opportunity to create community, our hope is that by reading and learning together, we can move through our experiences with greater health and vitality. [Click here](#) to register for our next meeting.
- **Fellowship Meetings:** Our monthly online Fellowship Meetings are the heart of our offerings. The overall goal is to offer individuals who have caused unintentional harm and their family members a safe space to listen, learn, and share if they are so inclined. Our meetings are held on **the third Sunday of the month, from 2:00 to 3:30PM Pacific Standard Time**. [Click here](#) to register for our next meeting.

What if I forget to sign up and want to attend a meeting the day of ? If you forget to register, please contact us at hyacinthfellowship@gmail.com to request the secure Zoom link. We will try to accommodate all requests made up to an hour before the start of each meeting.

Can a family member or friend come to these meetings? Yes, individuals who are supporting you on your healing journey are welcome to attend.

Can I get a video or transcription of the meeting if I miss it? To safeguard your privacy, meetings are not recorded.

Do you offer meetings in another language or at other times? We are a volunteer-run organization with limited resources. Down the road we hope to be able to offer both in-person and online meetings, as well as in many other languages.

What if I have additional questions? Please contact us at hyacinthfellowship@gmail.com, and we will respond to you as soon as possible.

What other resources are available to me?

- **Peer Connections:** Many of our members have informal contact with peers they've met in our online meetings. To extend this opportunity, we offer a directory of THF community members who are willing to talk or correspond with others on a one-to-one basis through our **Peer Connections** resource. Our peer supporters offer encouragement and share lessons learned about trauma, coping and growth. These connections are not supervised or overseen by The Hyacinth Fellowship. We ask that individuals seeking peer connections attend at least one online Fellowship meeting before requesting a peer connection. Please contact us directly at hyacinthfellowship@gmail.com to get more information.
- **LIFE Fellowship Group:** This is a new quarterly online offering for those facing legal proceedings and/or incarceration following unintentional harm or death. Please contact us directly at hyacinthfellowship@gmail.com to get more information.
- **Trauma Anniversary Project:** Sometimes certain dates, such as the anniversary of your accident, can be especially difficult. On these days, we might feel more upset than usual, and we might also feel alone with our distress. The Hyacinth Fellowship can send you a message of support and encouragement on your anniversary or another important date through our **Trauma Anniversary Project**. To sign up, please [click here](#).
- **Newsletter:** our newsletter is published twice a month and emailed to our 1,000+ mailing list. Please contact us at hyacinthfellowship@gmail.com to request to be on the mailing list and/or to change your mailing address. If you are already on the mailing list but not receiving our emails, please check your spam filter.
- **Website:** Our website – www.hyacinthfellowship.org - is chock full of great information and additional resources, and it's available 24/7!