



# The REALTORS® and Affiliate Wellness Group by Orange County REALTORS®

**Purpose:** To create a fellowship for REALTORS® and Affiliates who may be struggling with alcoholism, drug addiction, substance abuse, work-related stress, and depression to come together and share their experience, strength, and hope by providing a safe meeting space. These meetings will be closed meetings for Members of Orange County REALTORS® only. Various types of literature, pamphlets, and directories will be made available for attendees offering information for additional outside meetings and issue-specific support groups.

**Format:** While the initial meeting (or first few meetings) may be non-issue specific open topic discussion meetings, it would be my guess that the group conscience will ultimately choose its own directional course and format. It's quite possible that a hybrid or version of 12 step program will be adopted since many of the participants will have familiarity with 12 step programs. But it would be my desire to let the group make the decision on what format they wish to use. It would be our goal to augment some of the discussion meetings with speaker meetings featuring guest speakers using a panel format.

**Challenge:** The singular purpose of this meeting is to create a safe place for our REALTORS® and Affiliate Members to address the various struggles that may be affecting their lives. The fact is, there are many different types of issues that our membership may suffer from. Furthermore, it's very common that some of our Members will suffer from cross-addictions and dual diagnosis. It's a known fact that any one of these issues can trigger the other issues. Therefore, the biggest challenge I see is how to offer the most inclusive meeting space that can help the greatest number of our Members, realizing that the meeting format may become more specific in nature over time. I believe that the group consciousness will best determine the direction of the meetings and format.

This would be much easier if it were solely an AA, NA, CA, OA, GA meeting or support group that catered to a specific issue. It's quite possible that those meeting formats may splinter off on their own to conform to the traditions of those specific programs. The goal is to help those who are suffering from any issue like substance abuse, depression, or stress be able to come to a safe place, to know that they don't have to walk thru this alone, and to find hope that there is a solution to their problem. This may be the beginning of their journey that leads them to other meetings and groups more specific to their own personal needs. "The journey of a 1,000 miles begins with the first step." It's my hope that Orange County REALTORS® can be instrumental in helping its Members take that first step.

**Needs:** What do we need from Orange County REALTORS®? We are asking for the ability to use the meeting rooms of both the Laguna Hills and Fountain Valley facilities on an alternating, monthly basis. The meetings would be for one hour and should occur on the same day of week each month. We do not need any financial support from OCR and therefore will not be requesting a budget from the Finance Committee. We would like the Orange County REALTORS® help in reaching out to our Membership via our Association's communications (i.e., website, inclusion in our ongoing email notifications outreach, possible blurbs when possible in the Orange County REALTOR® magazine, and to be included in the ongoing calendar of events occurring within the Association. We want to let our Members know that the Orange County REALTORS® care about them and their well-being.