



# Adult Anonymous Community

*Inspired by 12-step peer support traditions.*

## ABOUT US

The Adult Anonymous Community is an open and inclusive peer-support space for adults from all walks of life who are seeking connection, reflection, and shared humanity. Our community is Inspired by 12-step peer-support traditions and adapted to support adults navigating life's challenges. While we honour these foundations, Adult Anonymous is an independent space and membership is open to anyone seeking a community to journey through adulthood together.

# MISSION

We exist to bring adults together in honest, supportive community offering space for reflection, shared experience, and growth through the complexities of adult life.

Our work is grounded in compassion, accountability, and the belief that healing unfolds best in connection.

# VISION

Adult Anonymous envisions a world where adults are allowed to be human without shame, isolation, or pressure to have it all together. A world where connection replaces loneliness, honesty is met with compassion, and people journey through adulthood supported by community rather than silence.

## FOUNDERS MESSAGE

At Adult Anonymous Community, we believe that wellness is cultivated most deeply in community. Healing, growth, rediscovery of self, sobriety, and the many disciplines that shape us into our best selves were never meant to be carried alone. Humans are wired for connection and it is through healthy, life-giving relationships that we find both strength and restoration. Community becomes the rock we lean on in times of chaos, and the warm embrace we return to with gratitude in moments of celebration. In being seen, heard, and supported, we learn that healing does not require perfection — only presence. Adult Anonymous Community exists because connection heals, and togetherness sustains us.

— Jo Nketiah

Founder, Adult Anonymous Community

# OUR APPROACH

- Peer-support, not therapy
- Listening, not fixing
- Presence, not performance
- Community, not isolation

# OUR VALUES

## 1. Anonymity & Confidentiality

We honour anonymity and confidentiality as sacred foundations of safety.

What is shared in the community stays within the community, creating space for honesty, trust, and emotional protection.

## 2. Vulnerability

We believe vulnerability is not a weakness in adulthood, but a profound act of courage.

Through vulnerability, we reveal the deeper parts of ourselves — opening the door to authenticity, empathy, and genuine connection with both ourselves and others.

## 3. Storytelling & Shared Experience

We believe there is power in telling and owning our stories.

We make space to share our struggles and our victories, giving one another permission to be witnesses to the real, sometimes daunting narratives of adult life.

We embrace the discomfort of speaking truthfully, even when it is difficult, knowing that shared stories create shared healing.

# OUR VALUES

## **4. Presence Over Performance**

We value presence more than perfection.

There is no expectation to arrive with answers, solutions, or polished stories — only a willingness to show up as you are.

## **5. Compassion & Non-Judgement**

We meet one another with compassion rather than judgement.

We listen without interrupting, fixing, or advising, trusting that being heard is often more healing than being told what to do.

## **6. Accountability**

We embrace accountability as a way of strengthening and supporting one another through the ups and downs of adult life.

Accountability in our community is rooted in care, honesty, and mutual respect — never shame or control.



# OUR VALUES

## 7. Little Wins

We celebrate the small steps, the quiet progress, and the unseen milestones.

Every act of growth — no matter how small — is worthy of recognition, gratitude, and pride.

## 8. Authenticity

We believe that individual journeys can be healthy and meaningful when lived honestly.

We acknowledge that authenticity is a practice — one that invites us to continually align with our values, honour our limits, and work toward becoming the truest versions of ourselves.

## 9. Shared Humanity

We believe healing happens in community.

We are not meant to navigate adulthood alone. Through connection, mutual support, and shared presence, we remind one another that we belong.

## OUR FOCUS

Adult Anonymous community focus on connection, not treatment. We are a non-clinical, peer-support model

# Meetings

## Online + occasional in-person.

## In-person community meetups

- Weekly Zoom meetings
- Anonymous sign-in (no cameras if people want)
- 1-2 hour structure:
- Opening reading
- Check-in round
- Topic discussion
- Closing words

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*Our meetings are inspired by the principles of mutual support and shared experience found in 12-step traditions, re-imagined for the complexities of adult life.*

# Structure

- Welcome & Grounding
- Reading AAC principles
- Open share
- Topic share (e.g. loneliness, growth, identity)
- Closing words
- Optional written reflection for those who prefer not to speak

# Adult Anonymous Ground Rules:

- **1. Confidentiality**

Whatever is said in the group stays in the group.

- **2. Anonymity**

Names and cameras are optional.

- **3. Speak from your own experience**

**Use “I” statements.**

- **4. No cross-talk**

Do not interrupt, advise, fix, or respond directly to someone’s share.

- **5. No judgment**

Everyone’s experience is valid.

- **6. Voluntary participation**

No one is required to share.

- **7. No hate speech, harassment, or violence**

- **8. Not a crisis service**

If someone expresses immediate risk, we guide them to local emergency resources.