

PEACE PLACE IN COMMUNITY SETTING

- Use a rug, curtain or shelves to section off the area
- Decorate with flowers, pillows, plants, pictures etc.



- Provide guides on calming techniques, meditation and self-regulation skills
- Using space to de-escalate and diffuse conflict by giving a community member space to manage feelings

- A peace place encourages self-soothing and independence
- A peace place can improve community culture and minimize disruption



- Provide different time options for participants to choose from
- Allow community members to ask for more time but set a boundary to emphasize that it is not a place to escape working/healing