

Survey Summary: Blue Borage Conversation Café Events

Overview: (Event 1: the Panel – 15/1/2025 & Event 2: Jane Epstein – 12/2/2025)

A total of 25 participants responded across both events, sharing **deeply moving reflections, heartfelt validation, and a profound sense of community**. The conversations were described as **insightful, empowering, and transformational**.

◆ Helpfulness Rating:

- ✓ 85% (21/25) rated sessions **extremely helpful (5/5)** – *'This was life-changing.'*
- ✓ 15% (4/25) rated them **very helpful (4/5)** – *'One of the most thought-provoking discussions I've ever attended.'*

What Stood Out Most:

💬 *'I felt less alone'* – Many expressed **relief, warmth, and connection** as they heard their own experiences mirrored.

💬 *'The complexity of SSA'* – The discussions highlighted **the lifelong impact of SSA, the shifting emotions over time, and the hope found in solidarity**.

💬 *'Legal challenges & public advocacy'* – Practical insights into **navigating disclosure, publishing survivor stories, and standing strong in advocacy** resonated deeply.

💬 *'Parental perspectives & family dynamics'* – Hearing from parents gave **greater understanding and clarity** on how families process SSA experiences.

💬 *'Community & speaking out'* – A strong theme emerged: **breaking the silence is difficult, but necessary—and together, we can do it**.

◆ Would You Recommend These Events?

- ✓ 100% (25/25) said **YES!** *'I wish I had found this space years ago.'*

◆ Future Conversations:

📣 *'The range of topics is growing!'* – More on this soon! The feedback was **rich with insights, curiosity, and enthusiasm for deeper discussions**.

Conclusion:

Across both events, attendees expressed **immense gratitude** for the **authenticity, wisdom, and care** present in these conversations. The Conversation Café continues to be a space for **community, empowered voices and inspiring meaningful action**. Thank you for choosing to be part of the conversation and repeating these words from the survey:

'Breaking the silence is difficult, but necessary—and together, we can do it.' 💙

We hope you will join us for one, some or all of the coming Blue Borage Conversation Café Collection between now and June.