

In its ideal state, belonging allows all individuals to be celebrated for their differences in a safe and supportive environment where all feel cared for.

Inclusion is being invited into someone's space for a meal, while Belonging is feeling so at home in another person's space that after the meal, you are in the kitchen doing the dishes.



Belonging is when an individual is fully accepted for their authentic self.

Belonging can not occur if one's basic needs are not met.

