

Community REBUILD Quick Guide

REBUILD (v., n.): Both an action and a guiding principle. Derived from Metabolic Mind's THINK+SMART framework¹, REBUILD is designed to deepen meaning, connection, and engagement beyond practical metabolic support. It focuses on shared interests that enhance metabolic health and mission-driven projects that foster purpose and community growth.

This guide helps Metabolic Collective (MC) community members explore ways to engage in groups or projects with others— building connection, meaning, and living out the REBUILD principle.

Get Started

This guide offers immediate steps for individuals either seeking existing groups to join or aspiring group leaders interested in **launching or growing** their own group.

Groups REBUILD in one of two ways:

Special interests that enhance metabolic health



Examples include hiking groups, meditation circles, or writers' collectives—activities that foster connection while reinforcing healing habits.

Mission-based projects



Examples include partnering with a food bank to promote metabolically healthy donations, organizing a fundraiser to train clinic staff in metabolic therapies, or if you are someone seasoned in metabolic therapies— creating a group that supports newcomers on their journeys.

Join a Group

Fill out the interest form on our website and state you want to “join a group.” Share your specific interests and our Volunteer Coordinators will get in touch about matching you to the right group.

Examples of existing groups:



Mom Advocates for Metabolic Awareness & Support (MAMAS)

Inspired by Al-Anon. Connects family and friends walking alongside loved ones toward healing and hope.



Metabolic Collective Facebook Group

Convenes members of the Metabolic Collective community. Gathers people across wide-ranging groups and provides an online space to share ideas, discover groups and strategies, and engage in dialogue.

Lead a Group

Below are a few ways to share your group ideas.

Connecting online

Find interested members to seed your group. Join our [Facebook Group](#)², introduce yourself, and pitch your group idea in a post.

Virtual live meetups

Our community meets every month for Watering Hole Gatherings, where you can share your group and find other interested members. These gatherings are a great way to get familiar with the community before joining or starting a group.

Need help launching your idea?

If you have an idea, submit it to the Share Your Ideas Form on our website. If you provide your contact information, we may reach out with further questions about how we can help you get this idea off the ground.

Feature your idea at Metabolic Collective Pitch Day, a forum that convenes 3 times a year to share new ideas and develop them with the community. Subscribe to the Metabolic Collective Newsletter on our website for the invitation to our next Pitch Day.

1. <https://www.metabolicmind.org/thinksmart/>
2. <https://www.facebook.com/groups/metaboliccollective/>

Launch your REBUILD Group

1 Choose how you will REBUILD: Pick either a **special interest** or **mission-based** project to unify your group.

Member Selection: Strive for diverse backgrounds & shared values.

Meeting Frequency: Set a regular cadence that both works for you and a consistent number of members can attend.

Open or Closed Group: You may require a screening survey or introductory call to know who is joining your group.

3 Launch in spaces frequented by those interested in metabolic health: e.g., MC Facebook Group, newsletters, Meetup events, local healthcare partners.

Use flyers, social posts, and peer invitations. Consider guest talks at clinical or advocacy events, and provide a contact point for newcomers.

Clearly state your group's mission and core focus.

👉 Create a flyer to promote your meeting. Canva has many great template options available.

5 • Your group is autonomous and peer-powered. MC can provide starter toolkits, coaching, and encouragement but will not direct daily activities or make group decisions.

• Draft a guidelines document for your group that defines your **core values** and **boundaries**.

- Establish clear expectations around respectful dialogue & confidentiality.
- Disclose actions that could lead to removal from a group such as aggressive and/or abusive behavior.
- Include a disclaimer that facilitators are peers, not clinicians, and crises are referred to professional services rather than handled within the group.
- Consider drafting a member consent form or contract requiring acknowledgement of your group's guidelines. Keep signed forms to refer to later in conflict resolution.

7 Post to our Facebook Group! Share pictures of your advocacy and encourage others to participate, too. (Prior to posting, please review the group's no solicitation policy re: businesses and individual coaching.)

How will you structure your group?

Where & how will you meet?

How are you marketing your group?

What's your meeting flow?

Which guidelines & ground rules have you set for your group?

How can you be responsive & proactive in your group leadership?

How can you share your group's progress with the MC community?

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- Venue Examples:
 - Online: Google Meet, Zoom
 - In person: library, park, cafe

- Tools to Consider:
 - Organize links: Linktree
 - Chat: Slack, Discord, Facebook/Reddit, WhatsApp
 - Schedule: Doodle poll
- Privacy & Safety:
 - Some regions require two-party consent to record. This means everyone in a session must agree to be recorded.
 - Designate a group moderator
 - Consider a meeting pass code
 - Post a code of conduct to your chat groups. (Metabolic Collective provides supporting documents to help you draft your own.)

4 *It may take some time for you to get comfortable leading your group meetings. In the meantime, we've provided an example you may wish to follow:*

1. **Welcome & Intentions:** Start with introductions & a brief check-in. Before the first meeting and periodically after, state the group's purpose, and give a recording reminder and a confidentiality reminder.
2. **Updates:** Invite each member to share personal wins, struggles, or questions regarding their metabolic journey.
3. **Topic/Activity:** Focus on a group-chosen topic, guest speaker, or shared activity relating to THINK+SMART (e.g., sleep strategies, meal planning, tracking progress).
4. **Resource Roundup:** Highlight relevant resources, such as expert videos, booklets, or community wikis that can drive group learning.
5. **Closing/Goal-Setting:** Members state intentions or goals for the week ahead. End with mutual encouragement.

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- Use a gentle but firm approach to redirection. Private message/removal is warranted if someone is repeatedly disruptive or unsafe for the group. Document issues and ask for MC's coaching/support if needed.
 - Inviting MC representatives to observe or offer feedback is optional, not required.
 - Depending on your group's purpose, at the start of your meeting, you can establish a time limit for individual shares to ensure all voices are heard.

Have questions?

Contact info@metaboliccollective.org