Do I have to participate in the community?

Community and Engagement · https://www.re-origin.com/support/do-i-have-to-participate-in-the-community

Participation in the community is optional, but it is highly encouraged. Being part of a community allows you to share experiences, gain insights from others who understand what you're going through, and stay motivated on your healing journey. It also helps reduce feelings of isolation. This is a positive environment where you can celebrate progress and receive guidance during challenging times too.