

## Kitsilano Neighbourhood House Town Hall Support Group

### First Meeting Agenda

#### 1. Introduction

- 1) Welcome: Intro self, Taylor and Maggy
- 2) Land Recognition: Squamish, Musqueam and tsteil-waututh First Nations
- 3) Introduce: gteccanada.ca - environmental lectures and reader
- 4) Supporter recognition: City U, Kits NH, SPEC Elders and Extinction Rebellion
- 5) Program description: 2 parts circles and group
- 6) Goals and Objectives: to increase positive coping experiences; to share personal stories of grief and action and, to provide support to others
- 7) Guidelines, Evaluation and Confidentiality
- 8) Structure, Circles: 3 or 4 minutes for individuals to tell stories of grief and hope through action Group: Exercises designed to increase individual resilience, feelings of support and positive coping. Joanna Macy materials
- 9) Next Steps: Building a movement, building a community

#### 2. Gratitude exercise: Maggy

- 1) Personal story group
- 2) Form circles using trained volunteers (retired SW's etc) as group facilitators
- 3) People tell stories of grief and/or coping thru action
- 4) No comments by audience
- 5) If time reflect on the impact of what others have said on you
- 6) No advice given about what to do

#### 3. Group activity: Chants and Call response

#### 4. Finish chairs stacked by 9.