



SESSION 7: PUTTING IT TOGETHER

The purpose of this group was to learn more about how youth, families, and your community are impacted by trauma and violence and what you can do to help. Each week we reviewed a new topic or theme, had interactive group discussions, and many of you also completed activities at home to practice the skills learned in the session or to prepare for the following week's topic. Congratulations on your hard work and participation!

There are a few important rules and reminders for the final group! Important things to remember are that no one has to share if they do not want to, be generous to others in the group and active listeners, do not share information heard here with others outside of the group, and that group facilitators are mandated reporters.

Today's session *Putting it Together* is the final session of our group. Whether you have attended all or some of the sessions, this session give us the opportunity to put all of the learning and experiences together to identify how we can continue to be agents of change for ourselves, our family, and in our community.

Every group has ended with time for reflection and identifying ways that you can apply what you have learned in your home. During this final session, we will take the time to do the same as we come to the end of our group. Reviewing the goals that you created at the beginning of the group will help you to recognize and acknowledge the individual and collective growth that you all have made while participating in the group as well as the things you can continue to work on.



There are a few questions we would like you to think about as we prepare to end our group:

1. What were the goals you set at the beginning of the group? Did you accomplish your goals? What can you learn from what you accomplished/did not accomplish?
2. What are 1 or 2 goals that you can continue to work on?
3. Over the past weeks, were there any group members, stories that you heard, or activities you did that particularly influenced you or helped you?
4. What did you enjoy the most about this group? What are some things that you might change to make the group better?
5. Are there any additional resources that you think would be helpful for your family moving forward (such as family therapy, individual therapy, mentor program, extracurricular activities, etc.)
6. How has this group influenced or changed you as an individual? As a parent? As a community member?
7. How will you continue to apply what you have learned now that the group is ending?

GROUP REVIEW

Over the past few weeks we have discussed several topics that highlight ways in which youth, families, and your communities are impacted by trauma and violence and what you can do to help.

Let's review some of the key information that was discussed in sessions 1-6!



SESSION 1: GETTING TO KNOW YOU AND YOUR COMMUNITY

Learning who the members of the group are and what they hope to get and contribute from participation, as well as learning about the socioecological model of communities, which talks about factors that contribute to violence.



SESSION 2: KNOW THE SIGNS

Recognizing when and how caregivers and children notice and communicate that they are stressed, having a hard time, or feeling overwhelmed by current circumstances or memories of painful events.



SESSION 3: DEVELOP A SENSE OF TRUST

Focusing on how trust develops, how it is broken, what we can do to strengthen or enhance trusting relationships. Developing a sense of trust is about creating safe, stable and nurturing relationships with children and adults.



SESSION 4: DEVELOP A SENSE OF MASTERY

Learning ways to build mastery and helping our children and youth transition from dependence to interdependence by working on our parenting strategies and communication style.



SESSION 5: DEVELOP A SENSE OF SAFETY

Attending to our emotional safety and also about having a concrete plan to support our physical safety. It is critical that children have a place or a person with whom their sense of safety remains.



SESSION 6: CHANGE THE MESSAGE

Understanding and challenging the actions, messages, expectations, and implicit ways that violence is perpetuated in our society.