

July 13th Young adults with TBI Support Group meeting

Ground rules

- Arrive on time, if you're running late try and enter quietly. The same goes for leaving early.
- Respect the person who is speaking, save your comments for after they have finished
- Respect the safety of all group members, no threatening language or actions..."
- Be tolerant! Everyone here has a different past but we're all here now. Please accept each other.
- Respect other people's process, when appropriate we may make suggestions to each other but it's not acceptable to be pushy

6:00 arrive/ nametags... grab a treat

6:05 Announcements:

- we have a co-facilitator today, (I think) this is something that I'd like to do regularly, so if you're interested in co-facilitating a future meeting talk to me and we can make that happen
- as people trickle in... does someone want to volunteer to read the ground rules? And confidentiality statement?
- we have a few announcements today
 - there have been many complications with the yoga class that we were sponsoring in Wallingford, not the least of which, is that the facility where we had class is closing or now closed. I'm pretty adamant that I want to sponsor yoga and I think that because our funding is uncertain, it's better to try and help grow an existing class that won't immediately fold if we can't pay for it. There is a class taught at The Samarya Center. I think that I'm going to try and network with them about our group sponsoring their classes. Any objections?
 - I have a question for you guys: Is there anyone who would like to help me put together a survey online? And on that note I need to create new sign in sheets and a new "new member questionnaire" is anyone interested in helping with this stuff?
 - anything that anyone wants to share... this is the time and place

6:20 this month we're talking about advocacy, what is advocacy? How should I do it/not do it? Why, Who... and of course when. We'll start by framing the topic a little bit and then discuss as a group

6:45 – lets count off and break up into small groups for discussions on topics of your choosing. Every group should have a worksheet, please make sure that I get this at the end so I can use it to help plan future meeting.

Some suggestions for topics are:

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|--------------------|---------------------------|----------------------------|
| - Nutrition | - Advocacy | - Reconnecting with people |
| - Anger management | - Cognitive rehab (games) | - What are your routines? |
| - Depression | - Problem solving | - What has worked for you? |
| - Time management | - Goal setting | |
| - Fatigue | - Alternative therapies | |

7:15 – lets come back together as a large group (keep sitting with your small group) and share parts of our discussions, any questions that persist or conclusions that you've come to.

CONFIDENTIALITY

"This is a safe place where people need to feel comfortable sharing whatever they want, because of this we all need to respect that someone may be sharing things that they wouldn't speak as openly about outside of a group like this. Just by being here we are a community. Respect is crucial. We all need to respect the confidentiality of our fellow community members by not sharing what is said here outside of this group. There is one obvious exception to this: if anyone expresses the intent to harm anyone we are required to alert the appropriate people."