

## SMART Recovery: Communication & Group Facilitation Workshop

	Session Title	Skills Building Sessions
	Orientation	Syllabus Field questions Goal setting
1	What is a Safe and Inclusive Space?	What is a safe and inclusive space? Who am I? Creating awareness around biases and judgment Mindfully creating dialogue to foster connection which respects each other's experiences. Importance of responding to biased and stereotyping comments
2	Emotional Regulation	Change starts with you. Looking at self-awareness and self-reflection as a foundation for facilitation.
3	Boundary Setting	What are helpful boundaries? The "Awareness Wheel" as a tool for setting boundaries in a group environment. Group scenarios.
4	Nonviolent Communication	Nonviolent Communication is a modality for communicating in a non-violent manner Respectful language/stigma? Embracing compassion and empathy Group scenarios
5	Conflict Resolution	Having awareness around conflict Group scenarios
6	Risk Management	How to help participants go through intense life experiences and those who may be at risk What is group ethics? Group Scenarios
7	Putting it Altogether	Mindfulness Self-care Avoiding burnout What happens now?

For all further questions and inquiries, please feel free to reach out to:

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