



FAMILY

Before the Meeting: Preparation

Find funny family photos online or use your own. Either print these out or project on a slide.

Step 1: Introductions and Icebreakers

Say:

Today we are going to talk about family and how we communicate and connect with our family. But first let's start thinking about our families in general.

Fun Family Photos:

Present/show the funny pictures. Ask the group to raise their hand if the picture depicts their family.

NOTE: Another Icebreakers to use: FUN OR FACT Have everyone share the same fun fact about themselves or about their family. What was the first CD you ever bought? What was the last movie you saw with your family? What is your favorite movie? Favorite movie? If you were an animal what would you be? Dream job? Role model?

Close the Activity by Saying:

Our own family is unique to us. There are good attributes and some quirky attributes about our family. We are going to dive deep into how we connect and communicate with our family, so that we can start to feel more comfortable talking with them about our emotions and life.

Ask:

- How would you define "family"? Allow all responses.
- What emotions come to mind when we talk about family?

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- On a scale of 1-10, how likely are you to talk with your family about depression, anxiety, fear, thoughts of suicide – or any other distressed emotions? *10 being very likely and 1 being not at all.*
- If you chose a number below 5, why do you avoid talking with your family?
- What are the challenges to talk with your family?
- What place/surrounding doesn't work well to talk with your family?
- If you chose a number above 5, what makes you feel comfortable to talk with your family?
- What makes it easy to talk with you family?
- What are the best surroundings, places, or environments to talk with your family?
- What can you do differently to talk with your family members more often? What might get in the way of doing this? How can you overcome your challenges of talking with your family?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about talking with you family about depression, anxiety, thoughts of suicide, etc.?
- What is one thing you can do tomorrow to start a conversation or continue a conversation with family?