



Sources of Strength Learning Community

Dec. 7, 2021

12 – 1 p.m.

Via Zoom

<https://us02web.zoom.us/j/87558144579?pwd=MDdPNUdhK3R0ODZVbDIBSIFnMmhXdz09>

Passcode: 2468

FUN (15 min)

- Quick Introductions: Name, Role, School
- Ice breaker question: What is a favorite Holiday tradition that you celebrate?
- Christmas present. Everyone here today gets a new t-shirt! Please send you t-shirt size and mailing address to caroline@newmentalhealthconnetion.org

SHARING (40 min)

- How are you doing? What strength(s) are you leaning into to stay strong?
- Allow for extra time to give people the space to authentically discuss how they are doing
- Sharing: Tell us about a recent campaign
- What are your team's biggest challenges?
- What have been your team's biggest success?
- Questions for trainers?

PLANNING AND REMINDERS (5 min)

- Fill out your campaign log. Download at www.healthyteenminds.org
- Not too soon to plan a year-end celebration!
- Stay tuned for our Spring Learning Community! Date TBD.