

2015 "Together Again" Harvest



**South Sound Sports Center
Tumwater, WA
September 26, 2015**



What helps your family feel a sense of belonging in a community?

Learn about each other - Walk part of the way together

Allowing different participation; encouragement

Welcoming - Curiosity - Sense of belonging

Think about when and why you share your stories

Confidence - Justice - Public Support and Respect

Helping each other & finding what we need to help us feel we are in our "community"

Community - Knowing where things are, availability of resources, ways to make new friendships, neighbor-hoods

Social - Take time to grow circles - No assuming - No judging

Commonality - Being Present - Giving Back

Talk and listen (without thinking about what you are going to say; just listen)

Be a good neighbor, have fun, be a productive citizen, and recycle baby!

Boundaries, Charity-love unity, just spending time without distractions

Spending family time - No electronics; not running around busy

Everyone who walks in through our door-walks out "built-up"

Family: Teachers, neighbors, mentors, friends, parents, relatives, coaches

Family celebrations with food!

Learning and Listening (Probably listening first!)

Finding families who share values and finding diverse communities and friends

Teach and encourage support and have a place to be able to seek help or support with family issues

Partner with people who take me to a good place.

Community; to understand we (my culture) has a different way; Community is diverse- help others as they integrate - Marshallese

Engaged community, family dance night, purpose, community art related experience, integrated

A safe place for family to come together

Community/Family (Many types, many ways, all rich and wonderful)

A space for neglected or abused children; can express themselves and feel free

Going to church - the Hispanic Catholic church give me and my mother a sense of community

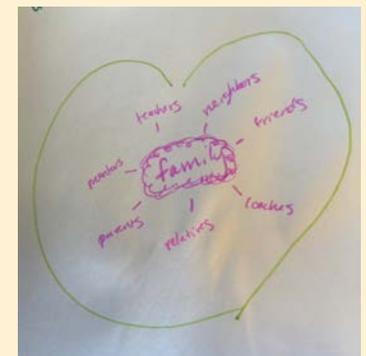
Belonging - it's as much an inside game as what happens on outside

Get to know at a "Heart Level"

Learning to trust myself

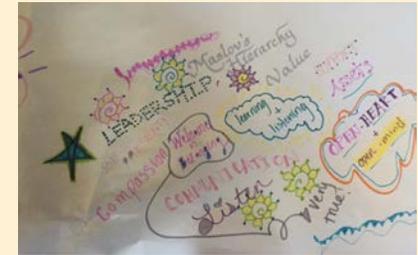
Build relationships to increase the sense of belonging

*I am the wisest man alive,
for I know one thing, and
that is that I know nothing.
Socrates*





What more would you need to learn to take a bold step towards strengthening families?



Questions can feel heavy-pressure to say the right thing

Letting go of outcomes

Ask more questions

Being connected can look different ways

Don't assume - Have an open mind and a sense of feeling

Open to communication, learn to open up, let it be OK to be open to one another!!

There's no cookie-cutter strengthening pill for families

Partnering with good people who can help me get opportunities so I can give my kids a better life

Sometimes we know more than we know - sometimes we assume more than we should

Everyone has been through a hard time at some point in their life so instead of judging try and understand and help.

"Don't just do something, be there"! (Presence)

Ways to reach out to families when they already feel stretched thin!

Learn the needs: Free poll - What are the needs? - How to get them to participate

Getting people involved! How? What is the draw? Food, kids, prices

Just "do it" Offering more opportunities in schools for Community Cafes and Math nights, game nights, arts, Inclusivity, creating awareness

Communication - Community Cafes in schools offered in Spanish and translator for English; created more comfort, turned the tables; make them feel valued, build on this, incorporating other languages.

Cultural Competence - Don't assume families will want or receive outside "help"

Support - "Go to Committee - What level of support"?

Shared history, remember who's tree building we're afraid? Safety, rotate houses, openness safety/realness, involved in community

Finding strengths - support, acceptance, conversation, meeting unique needs, adapting to a changing world, respecting differences, finding connections in a new situation

Support families to strengthen themselves as they see appropriate; Meet people where they are at

We can ask others and they can ask us - Support families to raise low-trauma children

Circumstantial Communities (schools, church, military) can help develop a sense of belonging.

When out of those experiences what next?

Be ready to hear what you may not want to be ready for

Don't assume someone else has done it... Know that you have done what you needed to do....

Understanding difference in cultures and respect!!!

Offer food, Offer activities for kids, JUST Offer

How can we communicate? How can we connect? How can we welcome?

Create a safe space, offer resources, and welcome all

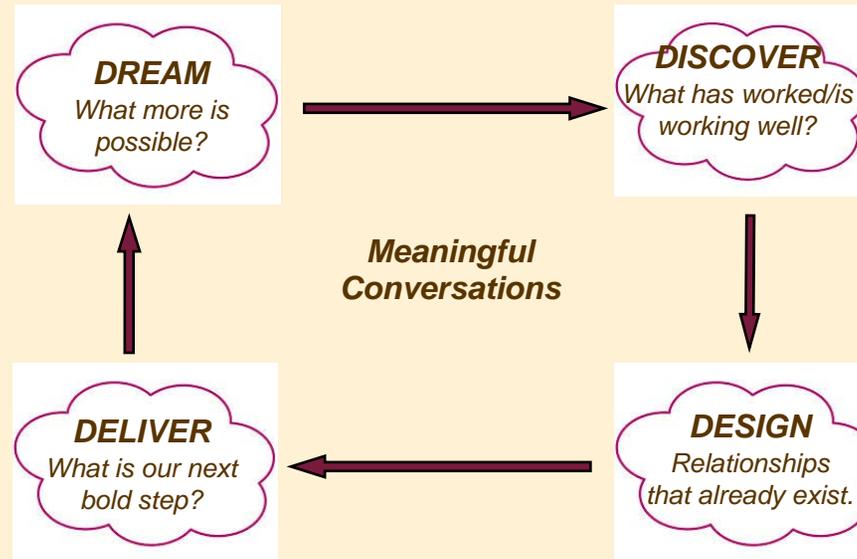
Principles of Hosting

Able to draw voice; choice invited not forced
Diversity in age
Lots of ways to express yourself
Family is welcome
Genuine deep listening
No agenda
Space is more accepting
Welcome Hugs
All voices made Heard
Really inclusive
Doodle Markers
Small Tables “creates little community”

Having to move around – meet others
Same purpose
Charity – Love
Attention to detail
Consistent time; place – not just one time
A place for kids, food, common bond
Not knowing titles – Hello my name is
Having an illustrator
Participant driven; follow up
Space for participation and relaxation
Teaching each other
Hosts are part of the community



Appreciative Inquiry



*A strategy for purposeful change; for self and community.
A tool for continual improvement.*

AI's focus is on strengths and assets; when we look at things from a strength based perspective greater possibilities will exist and true community transformational change is more likely to occur.

AI helps us stay in learning mode and helps us be accountable (Are we making a difference?)

Stages of Partnership



Communities don't change one person at a time. They change when networks of relationships form among people who share a common cause and vision of what's possible. Our work is to foster critical connections; we need to connect with kindred spirits. Through these relationships, we will develop the new knowledge, practices, courage and commitment that lead to broad-based change.

Tips for hosting a powerful Café

- ◆ *Planning for each café begins with clarifying the purpose and links subsequent conversations on what was learned in the past conversations*
- ◆ *When building an invitation list, start with the people in the planning team network-enlist those people to help you invite others. An ideal planning team are representative of the people coming.*
- ◆ *Strive to have diverse perspectives in the room*
- ◆ *Decide invitation strategies that work well for the people coming-it's rarely a flyer and are often personal such as a phone call or face-to-face invitation-reminder phone calls a night or two before are effective*
- ◆ *Cafés reflect the culture of the people coming-music, art, food, cultural traditions and celebrations add to a meaningful experience*
- ◆ *Consider how people of all ages can have a meaningful experience*
- ◆ *Design questions based on the Appreciative Inquiry cycle*
- ◆ *Each part of planning, hosting and follow up is done as a team; promoting partnerships with others as well as creating new opportunities for mentoring others*
- ◆ *Questions relate to the purpose and what the team or group is interested in learning more about in this moment*
- ◆ *Share harvests with café participants and broadly with the community as well as others outside of the community who may be potential allies to change*
- ◆ *See www.thecommunitycafe.com for tools and more on hosting and sample harvests*

Kid Cafe

What do you like about your community?

- *I like the community garden!*
- *I like the community pool*

What does Community mean?

- *When every one gets together they build a community (Julie).*



Adult Commitments to Kids

Interact with every young person I see or meet

Community Garden

Make everyone smile

Help all children

Work harder to host better Community Cafes for the sake of children

Ask kids questions and listen

Listen to all children

Be part of the TA again

Continue to spread the word

Help kids have a voice

Hearing your voice about kids working together will help in adults working together

Make community stronger

Gratitude for your creativity

Fun for all kids

Duplicate with colleagues and community



TOGETHER AGAIN!

We must hear the stories & provide the space in order to strengthen families

sharing questions - community cafe - listening - receiving - being curious - humility - acceptance - support

OUR STORIES REMIND US OF OUR GIFTS

- courage
- integrity
- compassion
- gratitude
- forgiveness
- honesty
- strength
- empathy

we discover things we have in common and create new challenges and courage

WHAT HELPS YOUR FAMILY FEEL A SENSE OF BELONGING TO COMMUNITY?

Inclusion - founder of belief connected

Building Community - shared beliefs, values, norms

Safe places - if play unexpected to be understood - to express oneself

Common ground - helps feel a sense "helps me and I'm not alone"

Neutral place to understand others

Sharing stories - listening, not solving

Being receptive - plant the seed support groups

Be where I am at first when where they are

WHAT MORE WOULD YOU NEED TO LEARN TO TAKE A BOLD STEP TOWARDS STRENGTHENING FAMILIES?

Recognize differences in needs. Meet ppl where they are or rather that inspire my ideas

How to gain confidence: - another culture - another country - "I can do just things in the community"

Be aware of assumptions - or all your ideas

How we strengthen families is different for each family to its culture values

Connect on love, many different ways

we co-create community & learn from each other

Strengthen Families

WE CO-CREATE COMMUNITY

Spark Leadership

Build Relationships