

Office of Safety and Youth Development

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Responding to Community Trauma Circle

Purpose: to create a space for acknowledging a community trauma and its impact and for expressing emotions; to access the healing effects of connecting with others to cope with the trauma

Mindfulness moment: *take and count out 10 deep breaths*

Opening Ceremony : *“the quieter you become, the more you can hear (by Ram Dass)”*.

Values Round: *Name a value that is important to you when you face a difficult situation. Write a list of those values as participants name them and place the list in the center. This will serve as our Centerpiece.*

Create and Review Community Agreements for Today's Gathering

Main Activity: Reflecting on a Community Trauma, Its Impact and What Helps

Explain: we are going to use the Circle to give us all a chance to talk about how we have been affected by this event and to help each other as we struggle to put our lives back in order.

Round 1: What are your feelings about what happened?

Round 2: What has been the hardest thing for you because of what happened?

Round 3: What fears about the future do you have because of what happened?

Round 4: Who has helped you feel better when you feel down about this?

Round 5: What physical activities help you feel better?

Round 6: What strengths have you seen in yourself and in others as people get through this situation?

Round 7: What gives you hope at difficult times?

Check-Out Round

How will you take care of yourself as you leave our Circle?

Closing Ceremony

“Lean on Me” by Bill Withers

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

You just call on me brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load you have to bear
That you can't carry
I'm right up the road
I'll share your load

If you just call me (call me)
If you need a friend (call me) call me uh huh(call me) if you need a friend (call me)
If you ever need a friend (call me)
Call me (call me) call me (call me) call me
(Call me) call me (call me) if you need a friend
(Call me) call me (call me) call me (call me) call me (call me) call me (call me)

Thank everyone for participating in the Circle today!