



Shodair
CHILDREN'S HOSPITAL

HOW TO USE A
**COMMUNITY
MEETING**

TO SUPPORT HEALTHY
COMMUNICATION



WHAT IS A COMMUNITY MEETING?

A community meeting is a predictable and inclusive transition ritual that supports open communication, collective responsibility, and a shared commitment to the well-being of those in the group.

With regular use, community meetings strengthen relationships by providing a safe space for everyone's voice to be heard and promoting healthy expression and management of feelings.

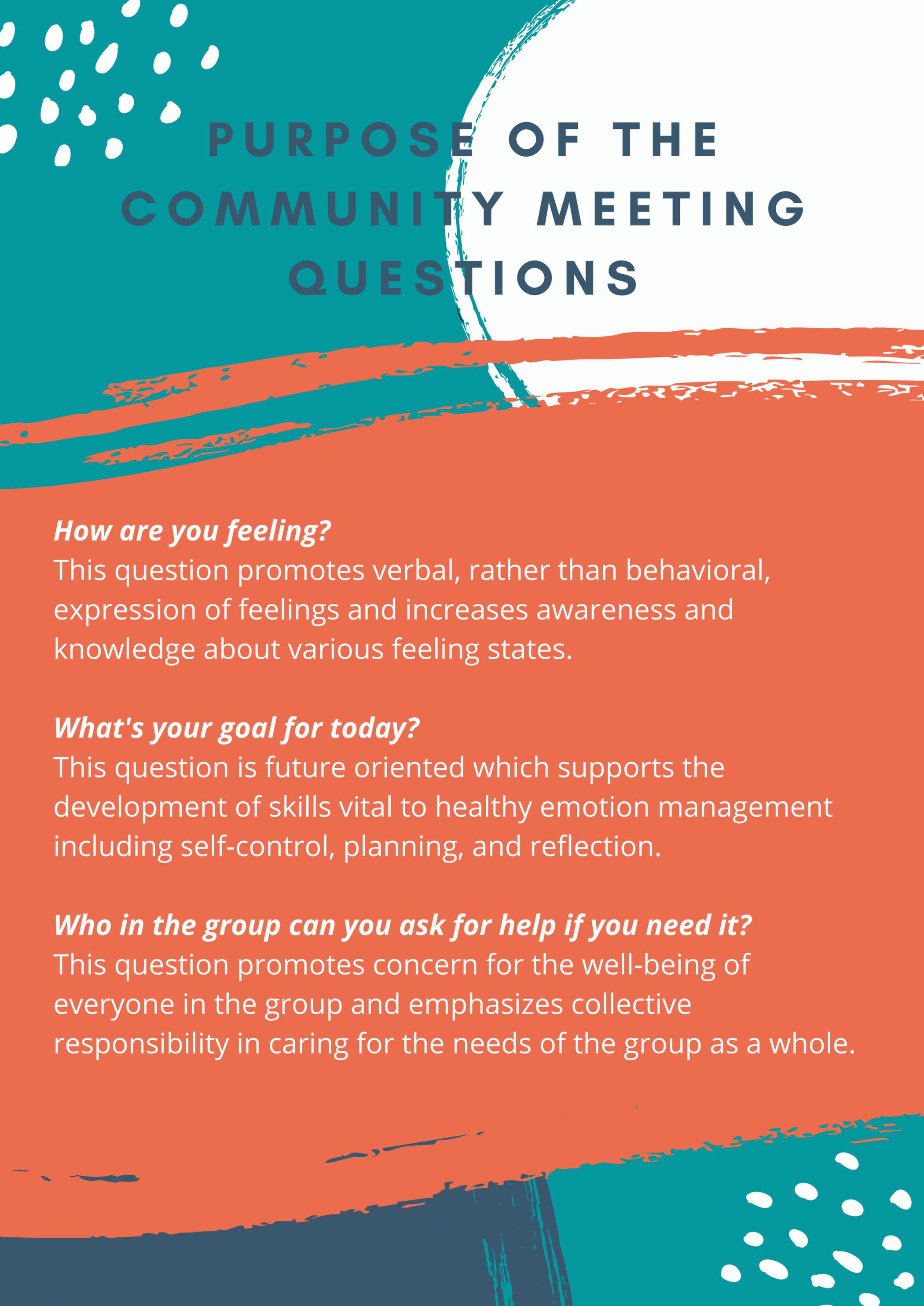
Community meetings can be used in a variety of settings at home, work, and school to support healthy transitions and emotion management.

HOW TO RUN A COMMUNITY MEETING

A community meeting uses the following questions to promote emotional intelligence:

- How are you feeling?
- What is your goal for today?
- Who can you ask for help today if you need it?

Emotional intelligence is a person's capacity to be aware of, manage, and express their emotions, and to handle interpersonal relationships empathetically.



PURPOSE OF THE COMMUNITY MEETING QUESTIONS

How are you feeling?

This question promotes verbal, rather than behavioral, expression of feelings and increases awareness and knowledge about various feeling states.

What's your goal for today?

This question is future oriented which supports the development of skills vital to healthy emotion management including self-control, planning, and reflection.

Who in the group can you ask for help if you need it?

This question promotes concern for the well-being of everyone in the group and emphasizes collective responsibility in caring for the needs of the group as a whole.



TIPS FOR USING A COMMUNITY MEETING AT HOME

- Try using a visual feelings chart to help kids identify and learn various feelings.
- Family meals or bedtime can be effective times to practice using a community meeting.
- Remember to emphasize non-judgement and acceptance of a variety of feeling states.
- If a group member expresses a difficult emotion, ask if they want to you to check in with them after the meeting - this normalizes offering and accepting support.
- Keep going, even if community meetings are uncomfortable at first - healthy communication takes practice!