

Meeting 10 ...

Small Group Support

Goals: To let members know of the possibility for small group support, gauge member need for/interest in setting up small support groups as part of the GSA mission.

Icebreaker: Have each member (anonymously) write their largest support need.

Suggested Activities

- Read the support needs of the members aloud.
- Discuss the stated needs, and compare and contrast different member needs. Share experiences via discussion.
- Discuss ways needs can be met.
- Provide members with a list of places to go for support when needed. This can include: school counselors; school psychologist; school social worker; affirming teachers; hotlines; local mental health providers; community support groups.
- Have group members write strategic plans for difficult times, so that they have plans in place in the event that need arises. These plans should include what they will do and who they will reach out to.

Tips

- The school psychologist or social worker could be invited to attend this meeting.
- Small group meetings could potentially be arranged with the psychologist or social worker, during which specific issues could be discussed in-depth and worked through.