



## Family Council Meeting 1.

Date: February 5th, 2024

1. Welcome back to Family Council.
  - a. Introductions.
  - b. Group Agreements.NOTES:
  1. *Be respectful of each other.*
  2. *Value our differences and celebrate our uniqueness.*
  3. *Be open-minded and no harsh judgments.*
  4. *Allow ourselves breaks when talking about sensitive topics.*
  5. *Make time and space to take care of ourselves when triggered.*
  6. *Silence is okay.*
  7. *Confidentiality is essential if we want this to be a safe space.*
2. Review SMART Goals.
  - a. Increase awareness of ECEC opportunities.
  - b. Increase availability of and access to, training on child development, advocacy, trauma-informed care, and related topics.
3. Emoji heart check-in.
4. Mental Health Activity.

NOTES: *Self-care is an act of self-love.*
5. Introduction to the mental and behavioral health landscape.
6. Wrap up and actions to be taken.