

# COMMUNITY CONVERSATION TOOLKIT

## How to facilitate a Community Conversation about how we're feeling



### **Frame the conversation:**

- Acknowledge the challenges of the moment
- Remind people it's OK not to be OK
- Reassure participants they are not alone in how they are feeling

### **Ask open-ended questions:**

- How are you *really* feeling?
- What are you struggling with right now?
- What has brought you strength recently?
- What do you do to take care of yourself?
- How do you cope when you're feeling down? What do you do to feel better?
- Who do you turn to for help when you're struggling?

### **Facilitation tips:**

- Host the conversation in as comfortable a setting as possible
- Agree on conversation ground rules to ensure safety
- Listen - let people talk and don't interrupt or talk over participants
- Validate participants' experience and refrain from judgment
- Be cautious about giving unsolicited advice
- If someone is really struggling, be prepared with professional resources, including information about [crisis lines and services](#).

*If you or someone you know needs help right now, call (530) 265-5811 or text "HOME" to 741741.*