

# Why We Gather and Where We Are Headed

## Section 1



### INTRODUCTION

In this toolkit we will explore ways to maintain a compassionate presence in our interactions with our children, family members, and those we count on to support us. Throughout this toolkit we will explore our role in alleviating our family members' distress while maintaining our own wellbeing. In other words, we will focus on growing our compassion resilience.

Our first focus in the toolkit is to outline the content covered in the Parents and Caregivers Compassion Resilience groups, discuss group agreements, family goals and give participants a chance to get to know each other.



### APPLICATIONS

#### Circle Agenda

##### [Circle Agenda for Section 1, In-Person](#)

Use this agenda if you are leading your group in a session in-person.

##### [Circle Agenda for Section 1, Virtual](#)

Use this agenda if you are leading your group in a session virtually.

#### Handouts to Support Content Covered in Circle Agenda

##### [Full Content Outline](#)

##### [Value's List](#)

##### [Self-Compassion Visual](#)

##### [Self-Compassion Scale](#)



### LINKS

##### [Dr. Kristin Neff's Website on Self-Compassion](#)

##### [Online Self-Compassion Scale](#)

This assessment is referenced at the end of the circle agenda for Section 1. Scoring is easier when completed online, so it is recommended you send a link to this assessment to your participants following the group. If you are leading your group virtually, you can put this link in your chat box during this session, and if time allows, participants can complete it during group.