

Community Meeting

A Healthy Ritual

Structure/Routine/Predictability

Caring for others


Normalizes feelings

Sets the intention for goals

The power of the community

Shared Responsibility

Trauma Informed

The graphic contains the TMC logo on the left and a blue silhouette of a city skyline on the right, both positioned above a horizontal line.

The elements of the Community Meeting:

- Ritual Beginnings are a best practice in almost all areas of life... warm up for sports, convocation, etc.
- Establishes a reliable structure and routine that everyone can rely on
- It is predictable... so no fear of it turning into something other than what it is... NOT Therapy!
- Opens doors for caring for each other all throughout the work/school day
- It holds sacred the act of giving feedback
- Bridging: is building connections between ideas and people
- People have been gathering in circles since the beginning of time
- Everyone participates in creating an atmosphere of safety

Community Meeting The Questions:

- How are you feeling today?
- What is your goal for today?
- Who can you ask for support if needed?



Begin with ritual beginning, a tone or a short song to get everyone present.

Each person should take 20-30 seconds.

Be specific about your feeling, goal, and who you could ask for help.

If someone speaks of feeling horrible, wretched, depressed, etc. Say, "Can I check in with you after our community meeting?"

We don't want to try to solve problems here, or turn this into a venting sessions, it is a brief check in.

End with an ending ritual, a tone or quote.