

## FAMILY SUPPORT GROUP FACILITATOR VIRTUAL TRAINING SCHEDULE

### DAY 1

9:00-10:00	Welcome and Introduction (60 min)	<i>Entire Group</i>
10:00-10:30	Introduction to the Model (SLIDES) (30min)	<i>Entire Group</i>
10:30-10:40	BREAK	
10:40-11:45	Support Group Model Demonstration and Discussion (65 min)	<i>Entire Group</i>
11:45-12:15	LUNCH	
12:15-12:55	Group Dynamics and Cues and Remedies (SLIDES) (40 min)	<i>Entire Group</i>
12:55-2:10	Overview of Small Group Exercises (5 min) Entire Group  <i>In Small groups</i> Understanding the 5 Strategies (5min) Structure Exercise 2: Strategy Practice (30min) Understanding the Agenda Structure (15 min) Ad Lib Role Play: Enforcing Time Limit for Check-in using the Agenda (20 min)	<i>Entire Group</i>      <i>Small Groups</i>
2:10-2:25	BREAK	
2:25-3:15	Understanding Group Guidelines (15 min) Group Guidelines Role Play Scripts (20 min) Ad Lib Role: Enforcing the Time Limit with Group Guidelines (15 min)	<i>Small Groups</i>
3:15-4:00	Structure Exercise 3: Principles of Support (45 min)	<i>Small Groups</i>
4:00-4:15	Day One Evaluations and NAMI Signature Operating Policies/ Questions (15 Min)	<i>Entire Group</i>

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### DAY 2

9:00-9:15	Review Day Two Agenda (15min)	<i>Entire Group</i>
9:15-10:15	Structure 4: Emotional Stages and Evaluation (60 min)	<i>Small Groups</i>
10:15-10:45	Fidelity and Working together (slides)(30 min)	<i>Entire Group</i>
10:45-10:55	Self-Care and Self Affirmations Discussion	<i>Entire Group</i>
10:55-11:05	BREAK	
11:05-11:55	Group Process Exercise 1: Hot Potatoes (50 min)	<i>Small Groups</i>
11:55-12:05	NAMI FSG Emergency Procedures and Hot Potato Evaluation (10 min)	<i>Entire Group</i>
12:05-12:40	LUNCH	
12:40-1:25	Group Process Exercise 2: Group Wisdom and Group Process Evaluation	<i>Small Groups</i>
1:25- 1:55	Cue Practice 1 (30 min)	<i>Entire Group</i>
1:55-2:25	Cue Practice 2 (30 min)	<i>Entire Group</i>
2:25-2:35	BREAK	
2:35-3:20	Cue Practice 3 (45 min)	<i>Entire Group</i>
3:20-4:15	Taking It Home and Complete Evaluation (35min)	<i>Entire Groups</i>
4:15-4:30	Questions and close training	<i>Entire Group</i>