

SOCIAL HOPE I

Seeking support on personal growth and well being



What are your dreams for yourself? Talk in intergenerational pairs and pledge to support each other in coming weeks to achieve those dreams.



What keeps you awake at night? Talk about problems that bug you consistently. Ask for advice from the group by sharing stories of personal hope.



Stand up, look into each others' eyes, hug/warm hand shake with everyone on your table. Celebrate one person by walking up to them and letting them know what you appreciate in them. Ensure everyone gets appreciated. End with a group hug.

Living our constitutional values

"commutiny"
the youth collective

