Workshop Registration

Mail completed form to the Clearinghouse

Name ________________________
Agency (if any) ________________
Address: ________________________
Phone ________________________
Email: ________________________
Type of group you are with: _______
How long have you been a group facilitator? ________________
What would you most like to learn at this workshop? ________________________
Do you have any special needs? (e.g., use a wheelchair, visual impairment, etc) ________

Please mail registration form to:
NJ Self-Help Group Clearinghouse
Workshop
375 E. McFarlan St.
Dover, NJ 07801

You can also call us to register or send an email to: bwhite@saintclares.org
Any question? Call us at 1-800-367-6274 or 973-989-1122.

Directions
Monmouth County Library
Headquarters
125 Symmes Drive
Manalapan, NJ 07726
732-431-7220; www.monmouthcountylib.org

FROM THE NORTH - Take New Jersey Turnpike to Exit 11, Garden State Parkway. Go South to Exit 123, Route 9 South. Proceed on Route 9 South approximately 15 miles to Symmes Drive (Mr. Tire on the corner). Turn right onto Symmes Drive. Library is about ¼ mile on the right.

FROM THE WEST – Take Route I-195 East to Exit 28B (Route 9 North-Freehold exit). Follow Route 9 North for approx. 9 miles to Ryan Rd/Symmes Dr jug handle. Cross over Route 9. Library is about 1/4 mile on right.

or

FROM THE WEST- Take NJ Turnpike, Exit 8. Follow signs to Route 33 East. Proceed East on Route 33 for approximately 10 miles to Route 9 North. Go North on Route 9 for about 2-1/2 miles. Take Ryan Road/Symmes Drive jug handle. Cross over Route 9. Library is about ¼ mile on right.

FROM THE TRENTON AREA – Take I-195 east to Exit 16B, 537 East. Take 537 East to Rt. 9 North. Take Route 9 North for approximately 4 miles to Ryan Road/Symmes Drive jug handle. Cross over Route 9. Library is about ¼ mile on right.

Reserved Meeting Room Parking for Attendees – There is direct access to all meeting rooms, programs, and seminars from this parking lot. Handicapped parking and access is available.

New Jersey Self-Help Group Clearinghouse
Presents a free workshop

An Afternoon of Facilitation Tips and Techniques

Sat. Feb 21, 2014
1:00 pm – 4:00 pm

Monmouth County Library
Headquarters
125 Symmes Drive
Manalapan, NJ 07726

This workshop was designed for persons who are, or who will be, facilitating a self-help support group. The purpose of this workshop is to give group facilitators the unique opportunity to address any special issues, problems or questions that they have regarding group leadership.

IT WILL NOT COVER STARTING A GROUP.

Come have fun, share ideas, and learn new skills in this interactive workshop. Bring your questions—and your solutions!
Facilitating a support group can be extremely rewarding, yet challenging at times. From time to time every facilitator may face a difficult situation, or be confronted with a difficult behavior. Perhaps your group's membership is dwindling (or growing too fast) and you are not quite sure what to do. This is your opportunity to meet with facilitators to exchange ideas, solutions, frustrations and techniques to make the role of facilitator easier and more rewarding.

At this workshop, facilitators will have the opportunity to brainstorm solutions to their most pressing problems, while helping others to deal with their own difficult situations. Some possible topics include:

- **REACHING OUT FOR MORE MEMBERS** – Is your membership dwindling? Do new members come once never to return? Learn some terrific ideas on how to publicize your group, and also how to keep new members coming back.

- **TIME MANAGEMENT** – Do you have difficult time making sure that all of the group members have an opportunity to speak during the group discussion? If so, you are not alone. Learn how you can better manage the discussion time.

- **DEALING WITH DIFFICULT BEHAVIORS** – What can you do with the member who monopolizes the discussion? How do you deal with an angry member? Do you have a member who likes to have side conversations and you don’t know how to deal with this annoying behavior? Come learn how others have dealt with these bothersome situations.

- **BURNOUT** – Are you feeling burned out with all that you do to run your support group? Find out how you can encourage other members to take on some of the responsibility of running the group. Learn why making your group a “group's group” not only helps prevent burnout, but can help your group members to learn and grow.

- **GETTING THE MOST OUT OF GROUP DISCUSSIONS** – The group discussion is at the heart of most support groups. How can you help facilitate the most meaningful and helpful group discussion? Learn (and share) some ideas to help your group discussions reach their potential.

These and other issues will be addressed. This interactive workshop will use strategy sharing, role playing and small group exercises.

Come bring your questions, issues, best success stories, solutions, tips and techniques for an afternoon of learning and sharing!