

Women's Circle

The Women's Circle is the closing activity for each NA SISTER session. The Women's Circle is designed to offer an opportunity for reflection and to instill a sense of strength, unity, and support among the participants. The Women's Circle is done while sitting or standing in a circle as a community.

Facilitator Note: After each session you will ask participants to gather in a circle and share a few words (or even just one word) of reflection based on the prompt for that session. If you find that a participant is reluctant, offer her a "pass" and let her know you will come back to her and offer an opportunity to share.

SISTER Circle

- Place the prepared poster paper "Women's Circle" on the easel or post on the wall.
- Ask the women to stand.
- Tell them the group will now begin the Women's Circle.
- Today's prompt is: Share a word or phrase that symbolizes resiliency in your life.
- Thank the women for their participation in Session 2 of the NA SISTER intervention.
- Answer any questions the women may have.
- Make sure all participants have signed the sign-in sheet and submitted their completed evaluation form.
- Remind the participants of the day, date, time, and location of Sessions 3.
- Make yourself available to the participants for at least 15 minute after the sessions for questions or private discussions.

