NAMI Family Support Group Facilitator Training Agenda (virtual)

**Day 1**

5:30 pm: Welcome and Introductions
6:30 pm: Introduction to the Model Power Point
7:00 pm: Support Group Model Demonstration and Discussion
8:15 pm: BREAK
8:30 pm: Group Dynamics and Cues and Remedies Power Point
9:20 pm: Adjourn

**Day 2**

9:00 am: Overview of Small Group Training Exercises
9:05 am: Understanding the Five Strategies
9:10 am: Cue Practice 1
9:55 am: BREAK
10:05 am: Structure Exercise 2: Strategy Practice
10:40 am: Understanding the Agenda Structure
10:55 am: Ad Lib Role Play: Enforcing time limit for Check In with Agenda
11:20 am: Understanding Group Guidelines
11:35 am: Group Guidelines Role Play Scripts
12:00 pm: LUNCH
Day 2: continued

12:30 pm: Ad Lib Role Play: Enforcing time limit with Group Guidelines
12:55 pm: Structure Exercise 3: Principles of Support
1:40 pm: BREAK
1:45 pm: Structure Exercise 4: Emotional Stages and Evaluation
2:45 pm: Fidelity and Working Together Power Point
3:15 pm: Cue Practice 2
3:45 pm: Adjourn

Day 3

9:00 am: Optional Post-Training Unit Discussion: Self Care
9:05 am: Optional Post-Training Unit Discussion: Self-Affirmations
9:10 am: Group Process Exercise 1: Hot Potatoes
10:00 am: NAMI Family Support Group Emergency Procedures
10:10 am: BREAK
10:20 am: Group Process Exercise 2: Group Wisdom and Group Process
11:30 am: LUNCH
12:00 pm: Using Cues in a Support Group and Cue Practice
12:55 pm: BREAK
1:10 pm: NAMI 101 PowerPoint
1:30 pm: Taking it Back Home and Graduation
2:00 pm: Adjourn