



THE GATHERING WELL
ADOPTION & FOSTER CARE COMMUNITY

Gathering Schedule

2023-2024

All gatherings will take place in the Hearth Room at Central Church (3102 W. Ralph Rogers Rd.) unless otherwise noted.

6:00 - 6:30pm: Free meal

6:30 - 8:00pm: Trauma informed childcare for children from birth - 5th grade

To RSVP for any gathering, email info@gathering-well.org

AUG 22 Self-Worth: Caregiver Edition

Facilitated by Shannon Behrend

Our self-worth as caregivers directly impacts our level of frustration and ability to connect in relationships. Using the curriculum “Making Sense of Your Worth” by Cindy Lee, we will look into why our history has such an impact on our today and become curious about what messages we are carrying with us.

SEP 19 The Impact of Trauma

Facilitated by Cara DeHaan

We know that trauma impacts us, but how? And what is impacted? This evening we will discuss trauma’s effect on our body, brain, biology, beliefs and behavior.

OCT 17 Emotional Health

Facilitated by Shannon Behrend

In his book “Emotionally Healthy Spirituality” author Peter Scazzero speaks about the integration of emotional health and the spiritual practice of slowing down and quieting our lives in order to live the lives we were created for. We’ll explore his tactical tips and learn how slowing down can increase capacity.

NOV 14 Relief for the Rescuer

Facilitated by Regina Brunz

This evening, our friend and guest Regina Brunz (Regina Brunz Counseling) will lead caregivers through a guided visualization, inviting you to tend and provide compassionate relief to your inner rescuing parts.

DEC 19 Moms Night @ The Clean Bean

Let's meet for coffee, mamas! The Clean Bean (550 W 85th St) is hosting our group privately from 7-9pm Come enjoy a beverage, cozy up and be heard!

JAN 16 Parenting for Positive Self-Worth 1

FEB 20 Parenting for Positive Self-Worth 2

Facilitated by Shannon Behrend & Cara DeHaan

In order to help the children in our homes overcome traumatic experiences we must help them develop a foundation of positive self-worth. In these 2 meetings we overview the “Parenting for Positive Self-Worth” curriculum by Cindy Lee at the HALO project, and discuss how to begin fostering self-worth in our children.

MAR 19 Felt Safety

Facilitated by Shannon Behrend

Understanding felt safety in our children increases our level of compassion for the big emotions they can feel - especially when they don’t align with ours. This evening we will discuss what felt safety is and how to cultivate it in our children’s experiences.

APR 16 Nervous System Care

Facilitated by Cara DeHaan

In the book “Reclaim Compassion,” authors Qualls and Corkum urge caregivers to give consistent and intentional care to their nervous system in order to reduce stress, increase capacity and stay motivated to provide compassionate care. Tonight we will review the author’s suggestions and share with one another practices you have found helpful.

MAY 21 Proactive Tools

Facilitated by Cara DeHaan

Back to the basics before summer! In our final gathering for the season we will review TBRI tools and strategies caregivers can put in place to prevent and de-escalate meltdowns. Come ready to share what is going well in your home and scenarios where you could use fresh eyes!