



Staying in the Circle of Life (SITCOL)

Facilitation Guide

Session 1

To begin:

- Arrive 30 minutes before the session
- Prepare materials for activities and surveys
- Arrange the room so chairs are in a circle
- Review session goals

Goals

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|--|
| 1. Review agreements |
| 2. Facilitate participant introductions |
| 3. Allow each participant to tell their cancer story |
| 4. Administer Baseline Survey |
| 5. Administer Pre- and Post-Assessments |

Materials and Handouts

Name tags	Participant Packets
Permanent Markers	Ball of Yarn
Flip Chart	Baseline Survey, Pre-assessment, Post-assessment

Activities

- | |
|----------------|
| Spider-web |
| Closing Circle |

Notes:

- Complete these tasks prior to start of group:
 - Display “Agreements” on flip chart/board/or powerpoint
 - Place all participant packets on welcome table, along with name tags/markers
 - Have a clock to refer to in order to guide the discussion and cover all material
- Total time for session one is 90 minutes.
- **Facilitator NOTE:** Session 1 includes a comprehensive baseline survey in addition to the pre- and post-assessments. Please ask participants to arrive 15-20 minutes early so that they can complete the baseline survey. Baseline survey must be administered prior to beginning the session.

Staying in the Circle of Life



Introduction

Session 1



FRED HUTCH
CURES START HERE™

Partnerships *for* Native Health

Greeting

- Begin the session on-time.
- Greet each participant by name as they arrive.
- Each person should write their **first name** on a name tag.
- Provide each participant with a folder
- **Administer Baseline Survey**

[illegible]

Welcome to the first gathering of our Staying in the Circle of Life Cancer Support Group. My name is (say name) and for the next 6 sessions I will be the group facilitator. This is a 6 week curriculum designed to provide cancer survivors the tools they need to advocate for themselves in a medical setting, manage stress related to cancer, and draw upon social support networks....

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-The Native People for Cancer Control team

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- 1) Education
- 2) Discussion
- 3) Activities
- 4) Surveys

Participants will receive a \$40 incentive for completing each session. Caregivers do not receive the incentive - sorry!

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- Session 1:** Introduction and Social Support
- Session 2:** Stress Overview and Management
- Session 3:** Health Advocacy and Advance Directives
- Session 4:** Nutrition and Fitness
- Session 5:** Body Image and Intimacy
- Session 6:** Family History and Genetics / Closing

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- Keep it confidential - everything anyone says stays in the room
- Listen with respect
- Stay on topic – we have a lot of information to go over and we want to make sure we cover it all
- Other things we can do?

- Review the agreements with participants
- Allow participants the opportunity to add to the list of rules
- Sometimes we have ideas that we may want to discuss at another time. If there is something that the group would like to discuss but is off the main topic we can write it on this sheet of paper and get back to it at the end of the session or the next session; whatever the group decides.
- Add participant suggestions to flipchart
- **Administer Pre-Assessment (5 minutes)**

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- To provide a comfortable, confidential, and safe place of understanding and support for you as cancer survivors
- To share ideas about coping with life and thriving in life as cancer survivors
- To learn from each other about living healthy and happy lives
- Other reasons?

- Review the examples on the powerpoint, make it conversational.

We hope that this is a place where you can share with one another, hear about each other's experiences and ideas, build friendships, and learn about ways for healthy living. Not just during the next 6 weeks, but after that too.

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Sharing Your Story



Sharing Your Story

- Go around the circle, allow each person to share a brief bit about themselves, approximately 2-3 minutes.
- Sample directions

Each person here has an important story to share. Over the next 6 weeks we will grow more and more comfortable sharing our stories. Let's take a few minutes each to share our name and explain why we are here. Share as little or as much about your cancer as you would like.

[illegible]

- We all have a story to contribute to the group.
- Your participation supports other cancer survivors and generations to come.
- What support do you need in order to get the most out of your time in this group?

[illegible]



It's OK (and healthy!) to ask for and accept help

- What you think of when we say “social support”
- The importance of social support and how it can help with stress – both cancer-related stress and everyday stress
- Where and how you can get the support you need and deserve

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Activity – Spider Web

- Announce we are now going to do a group activity
- Ask participants to stand up and form a circle

I will begin by saying my name, saying one thing I learned, liked or look forward to about the group. Then I will say the name of another person in the group and holding the end of the yarn, I will toss the yarn to the person I named. They can say their name again and share something they learned, liked, or look forward to about this group. Holding the yarn, they say the name of someone else and toss the ball of yarn. Then we continue this until everyone is holding on to a piece of yarn and everyone has shared.

Now, we can see how interconnected we are. We have formed a web of connections. And we are all part of what holds this web together.

(Allow a little slack in your part of the yarn)

[illegible]

- **Emotional** - when someone does or says something nice that helps you feel good
- **Practical** - when someone helps you with daily tasks (such as helping around the house, giving you a ride, or bringing you food)
- **Informational** - when someone explains or shares something you didn't know about (such as a new recipe or a healthy activity)

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[illegible]

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- A photograph showing three people from behind, standing on a grassy bank and looking across a body of water. The person on the left wears a blue and yellow jacket and blue jeans. The person in the middle wears a light green jacket and dark pants. The person on the right wears a dark jacket, light-colored pants, and a red beanie. The water is calm, and the far shore is lined with trees. A large rock is visible on the right side of the water.

[illegible]

A photograph showing three students working on a project at a table. One student in a red shirt is on the left, one in a yellow shirt is in the middle, and one in a white shirt is on the right. They are all focused on their work, which involves various materials and tools on the table. A display case is visible in the background.This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

- What helps you feel supported?
- What kind of support do you need?
- Where can this support be found?

- Go around the room
- Note: it's okay if you don't go over all the questions, and it's okay to add others that come up during the session


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- Social support comes in many forms
- Getting support may help you with everyday stress as well as cancer-related stress
- There are many ways to get the support you deserve
- It's OK (and healthy!) to ask for and accept help

[illegible]

Closing Circle

A decorative horizontal line spanning the width of the slide. It features a repeating pattern of magenta stars and black diamonds on the left side, transitioning into a solid light green line towards the right.

- Go around the room, or have participants write down at least one response to the following:
 - I learned/I hope/I feel
- Note to the group that this is our closing routine, and we will do this at the end of each session
- **Administer Post-Assessment**
- Thank everyone for coming and participating
- Let participants know what time group is next week
- **Optional:** Note to the group what topics will be covered next week

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