



L.I.S.T.E.N.

Tools for Showing Up During Hard Times

**A virtual training:
November 16, 2022 from 11am-12:30pm
followed by Q&A until 1pm**

Log on for a learning lunch and develop skills to be present for the people in your life
<https://us06web.zoom.us/j/81728263329?pwd=NHdBci94NVRIQTVvOERHZ2tUdnordz09>

Research overwhelmingly shows that social connection is a protective factor for every major behavioral health challenge. People consistently report that what they need most when they are in the early stages of a struggle is someone who will listen.

The 90-minute L.I.S.T.E.N. workshop provides tools to help all people understand how to show up, connect, and actively listen to the people in their lives who might be struggling and then to provide a framework for what to do when more support is needed. L.I.S.T.E.N. is the acronym, the starting place, and the most important overall directive.

The non-linear framework of L.I.S.T.E.N. is:

L – Listen actively

I – Inquire about what is going on and what the person needs

S – Support them for who they are and what they need

T – Tell them about options and supports, and that there is hope

E – Encourage them to access the supports and to hold the hope

N – Notice what is coming up for you and what you need to show up for yourself

***This program is provided to the Hopkinton Community as a pilot program by trauma clinicians Sarah Gaer & Joanna Bridger in collaboration with Hopkinton Youth & Family Services
Contact us for more information 508-497-9781***