CREATING ONLINE PEER GROUPS

Presented by:
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LEARNING OBJECTIVES

- Practice the technical skills to schedule, set up, and utilize online video conferencing platform.

- Name at least 3 best practices for facilitating engaging online peer support groups.

- List at least 5 questions that captivate the attention of group members and encourage self-reflection and empowerment.
WHAT CAN YOU DO AS A FACILITATOR TO ENSURE A SUPPORTIVE ENVIRONMENT?

- Honor the words that people say - don’t necessarily paraphrase
- Model what you’re asking participants to do (i.e. post something in the chat box for them to see)
- Hold space for whatever questions may arise
- Model being gentle, patient, and that we are all in this together around connecting online
BEST PRACTICES FOR FACILITATING ENGAGING ONLINE PEER GROUPS

- Mute all
- Use your video camera
- Use silence to your advantage
- Read chat box aloud
- Co-facilitate
Ask Engaging Wellness Based Questions

- What is your favorite childhood hobby?
- What is your favorite summertime (fall/spring/winter) activity?
- What is your favorite place to go on the weekend?
- What is one new thing you’ve tried this year?
WELLNESS TOOLS TO SHARE
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