



### Objectives:

- To carry out a planned celebration practicing the skills and concepts discussed in earlier sessions.
- To reinforce the notion of richness in family gatherings and celebrations.
- To review group concepts, activities, skills, and ideas, making explicit links to family life and experience.
- To review each family's goals and evaluate the course with respect to meeting those goals.
- To encourage deliberate planning of the family's traditions and routines and endings (goodbyes).
- To encourage families to think about the ways memories are stored and retrieved.



### Threads:

- Families leave group feeling like they have accomplished something by coming every week, planning, and carrying out homework and family events, and learning valuable skills to keep their family safe. They believe in their ability to provide structure and protection for their family and to have the strength to overcome bad things that happen to them.



### Preparation:

- Send out reminders of group to families.
- Prepare all materials.
- **Print Certificates for each family (fill in name, date, print on heavy stock paper)**
- Food and facilities planning and preparation.
- Decide on facilitators' roles.
- Update on the status of each family in the group.
- Anticipate any problems that might arise during the session.



### Homework Due:

None



### Session Overview:

Activity 1	Family Meal Celebration	40 Minutes
Activity 2	Who We Are Now and in Six Months	20 Minutes
Activity 3	Enduring Traditions	20 Minutes
Activity 4	Getting Closure	20 Minutes
Activity 5	Closing Ceremony	20 Minutes



### Homework to be Assigned:

- Follow through on their family ritual tree care plan!

**Materials:**

Tables (1 for each family)  
Centerpieces  
Nameplates and session schedules (1 for each family) Place settings/Napkins  
Nutritious meal/Drinks  
Paper/Construction paper/Postcard card stock  
Phone and address cards  
Pens/Colored pencils/Crayons/Markers  
Glue/Tape  
Phones for picture taking  
Facilitator chosen parting gifts (optional) Frames (1 for each family) (to fit certificates)  
Chore charts and star stickers (1 pack for each family)

**Handouts:**

Family Ritual Tree Care	M3.S15.Tree.Care
Enduring Traditions	M3.S15.Enduring.Traditions
Closure Questionnaire	M3.S15.Closure.Question
Certificates	M3.S15.Certificate
Family Rating Form	M3.S15.Feedback
Participant Log	M3.S15.Log
Clinician Rating Form	M3.S15.Clinic.Measures

**Posters:**

Rules Poster	Group.Rules.Poster
--------------	--------------------

## Activity 1: Family Meal Celebration

40  
Minutes



### Goals:

- To help families carry out an event as planned.



### Materials:

As planned by families



### Handouts:

Conversation Prompts



### Posters:

Rules Poster



### Instructions:

**Lead Facilitator:** *We are so happy to have you back with us tonight for our last group. You decided to start the meal by Opening Ritual so let's begin that way. Proceed with ritual planned by the group.*

Refer to poster of rules and review. Make link between group rules-group functioning with family rules (explicit, agreed upon, written down for review)-family functioning.

Ask each family the following question: *So, is there anything going on right now that might get in the way of your family taking part in today's group?* Make link between checking in with family members to be sure each person can participate...problem solving, helping with a task...or may be overburdened...with staying attuned to the mood and needs of all family members during other family activities.

*This session focuses on celebration and saying "Goodbye". So, let's get started. Families carry out celebration dinner as planned. Have a good time!*

## Activity 2: Who We Are Now and in Six Months

20  
Minutes



### Goals:

- To encourage families to make long-term commitments to maintaining family traditions and routines.
- To predict how their family will have changed in six-months.



### Materials:

Paper/Construction paper/  
Postcard cards (blank)  
Phone and address cards



### Handouts:

Family Ritual Tree Care

Pens/Colored pencils/  
Crayons/Markers  
Glue/Tape

**Instructions:**

**Facilitator:** \_\_\_\_\_ Hand out “Family Ritual Tree Care”. Have each family discuss the topics on the handout. After some discussion, have each family work together to draw a picture of the family doing something together six months from now that reflects what they have learned from participating in the SFCR group.

Invite each family to share the drawing. Have a facilitator write down what is said and give the card to the family to keep with the drawing. Allow time for other families to comment/share their thinking.

### Activity 3: Enduring Traditions

20  
Minutes

**Goals:**

- To encourage families to make long-term commitments to maintaining family traditions and routines.

**Materials:**

Pens

**Handouts:**

Enduring Traditions

**Instructions:**

**Facilitator** \_\_\_\_\_: *We have spent lots of time talking our how families deal with bad things, and how these bad things changed your family. We have also talked about how traditions connect families to the past no matter how many changes. Hand out “Enduring Traditions”. Talk about how you are the same and make a list of the rituals or routines that you still do regardless of the changes. Is there a tradition that you would like to start to help you get through or mark these changes and still feel connected to your past?*

### Activity 4: Getting Closure

20  
Minutes



### Goals:

- To bring closure to the course.
- To facilitate further communication between families, if desired.



### Materials:

Pens



### Handouts:

Closure Questionnaire



### Instructions:

**Lead Facilitator:** Hand out “Closure Questionnaire”. *I want you to complete this sheet so that you can tell us what you liked and did not like about this group. What you thought was useful for you and your family and what you thought was not as helpful.* Parent(s) complete the closure questionnaire with input from all family members.

After about 15 minutes, invite families (one at a time) to go through the closure questionnaire, sharing the family’s answers. (A facilitator should be taking notes of the family’s answers. Consider asking to make a copy of the questionnaire) have families discuss the group feedback and give suggestions/comments. Have the families talk about what they learned and whether anything has changed.

## Activity 5: Closing Ceremony

20  
Minutes



### Goals:

- To reach closure, to model showing appropriate recognition and to engage in a rewarding good-bye.



### Materials:

Phones for pictures  
Facilitator chosen parting gifts (optional)  
Frames (1 for each family) (to fit certificates)  
Chore charts and star stickers (1 pack for each family)



### Handouts:

Certificates (printed for each family)  
Family Rating Form  
Participant Log  
Clinician Rating Form

**Instructions:**

Facilitators work together to make this ceremonial. This could include calling each family up to the front of the room to present them with their certificate and a small memento of their time spent in group. As the family proceeds to the front of the room, facilitators could hum or play the Graduation March or other music. Take pictures of each family.

***Facilitators:** You have done a great job during this group and should be proud! We are grateful for the work and the play you have done and would like to recognize you for that. We have a certificate that we would like to present to each family. Please come forward when we call your name to receive your certificate. Allow time for each facilitator to compliment the family members.*

*Now it is time to say “Good-bye” for the last group. Let’s end like we always have with our closing rituals. Families share closing rituals, if desired. Cue families to acknowledge the end of group with each other. Please complete your family rating form now and hand it in. Thanks.*

*Facilitators complete participant log and clinician rating form.*

**Homework to be Assigned:**

- Follow through on their family ritual tree care plan!