Hopa Mountain’s *StoryMakers/HealthMakers*
2021 Fall Gathering

**Even at a Distance:**
How you Help Families Connect

Virtual but Vital
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Wednesday evenings
5:00-6:30 p.m.
September 22, 29 & October 6, 13

**Series Goals:**

**Overall** – As we move through this pandemic, it’s possible, even likely, that physical distancing will continue. Even if this is the case, Hopa Mountain’s *StoryMakers* program will continue to offer connection and welcome moments of fun with books. This *StoryMakers* gathering offers ways for adjusting so that you are able to teach families how to connect with each other even in times of social distancing. This training is open to everyone, even if you are not a *StoryMakers* Team Member. Early childhood credit is available to participants that participate in all four sessions.

- Participate in this training to see what you may not always see – the way your service, skills and talents teach the families you serve. Even at a distance, what you do matters. The way you are shows parents and caretakers options for the ways they can be. This series offers specific strategies for talking and playing with children and their families *at a distance* so parents’ skills are strengthened by watching what you do.

- Even in this virtual format, you’ll also have the chance to build connections with and learn from other early childhood and health colleagues from across Montana.
September 22 – It All Starts with Your Friendliness.
[Facilitator – Mary M. Clare, Ph.D.]
This session focuses on the superpower of friendliness that you bring to being a StoryMaker. You will learn more about what friendliness looks like to you and others. Then you will have the chance to learn and share specific games and activities that are possible virtually or when keeping physical distance. Make sure to bring a notebook or some kind of paper and pen for making notes as we go along.

September 29 – How Self-Care can be Care for All.
[Facilitators – Mary M. Clare & Carmen Thompson]
What do you do to take care of yourself? Why is that even important and how is it not selfish? And what in the world does it have to do with working as a StoryMaker? This session reveals the link between self-care and your work with families and caretakers and how self-care is something you can teach through your interactions with children and families. We’ll even take a side trip into food and how that comes up in your work. Again, have paper and a pen handy.

[Facilitator – Mary M. Clare]
Today we’ll make a list of the practical ways your interactions with families help them activate their health and strength. This session serves as a time for pulling together what we’ve covered in the first two sessions along with other activities you can use to make it all real.

October 13 – Books and their Stories Connect!
[Facilitator – Bonnie Sachatello-Sawyer]
One of the most powerful ways StoryMakers are connectors is through sharing children’s books and talking with parents and caregivers. In this session, we will share resources and prompts for talking with families about self-care.
Fall Gathering Registration Form

Name:

*StoryMakers* Community Team (if applicable):

Address (street or PO Box, town, state, zip code):

Phone (work and mobile, if possible):

Email address:

Please return this form, completed, to Hopa Mountain (234 E. Babcock St., Suite E, Bozeman, MT 59715). If you are filling this form out electronically, please send as an attachment to Marlene Ortiz at mortiz@hopamountain.org.

Early education credits will be available for those that participate in all 4 sessions.

Please feel free to call Hopa Mountain’s office at 586-2455 with any questions.