



When people arrive at your table

- ✓ Ask people to order something so that we can keep up good relations with this restaurant since they are letting us use their space.
- ✓ Ask people to place their food and drink orders **before** the discussion starts so that the discussion won't be interrupted as much.

Once the food and drinks have been ordered let everyone know...

Our main intention is not to try to get through all of the questions, but to provide a **balanced discussion** where everyone has a chance to speak.

We only have two rules

- respect for everyone at the table, and one person talking at a time (during the facilitated portion).

Interjecting

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's get started!



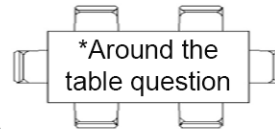
***Around the table question:**

People answer the question from left to right ending with the person who asked it.

WARM UP QUESTIONS always help build respect at the table...

What **intrigued** you about this topic and what would you like to get out of this discussion?

Which of the **Food For Thought videos** was the most **interesting** to you, and why? (See page 2 with videos)



What do you believe are the **most important ingredients** for a close, supportive and loving family?

... now that we're warmed up...

Describe one of your most treasured family **memories**.

What has been one of your biggest challenges dealing with your **in-laws/extended family** and what have you learned to overcome this challenge?

What has been one of the biggest challenges dealing with your **immediate family** and what have you learned to overcome this challenge?

What **responsibilities** do you have to your family at this point in your life? (i.e. to visit, stay in touch, etc).

... if there's time...

How has **technology** affected your sense of connection to your family?

How important is it for you to build a **chosen family** (i.e. friends)?

Would anyone like to ask a question **not listed here** but related to the topic?

AFTER 90 MINUTES:

Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to **move to other tables** to mix and mingle.

Conversations are no longer limited to the topic.



Family Challenges

Select the images to play Food For Thought videos

All members are encouraged to watch at least one Food for Thought video prior to attending our events in order to provide inspiration and common starting points for the discussions to follow.



Featured Video 2

Featured Video 1