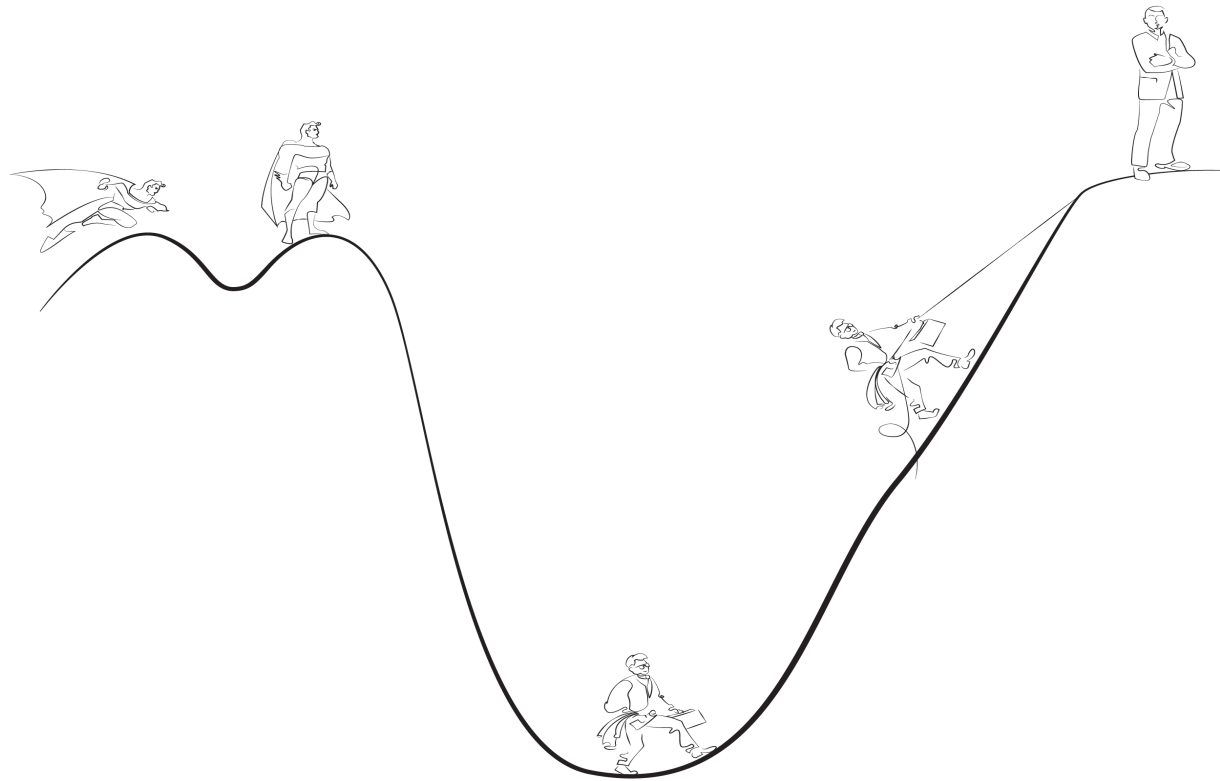


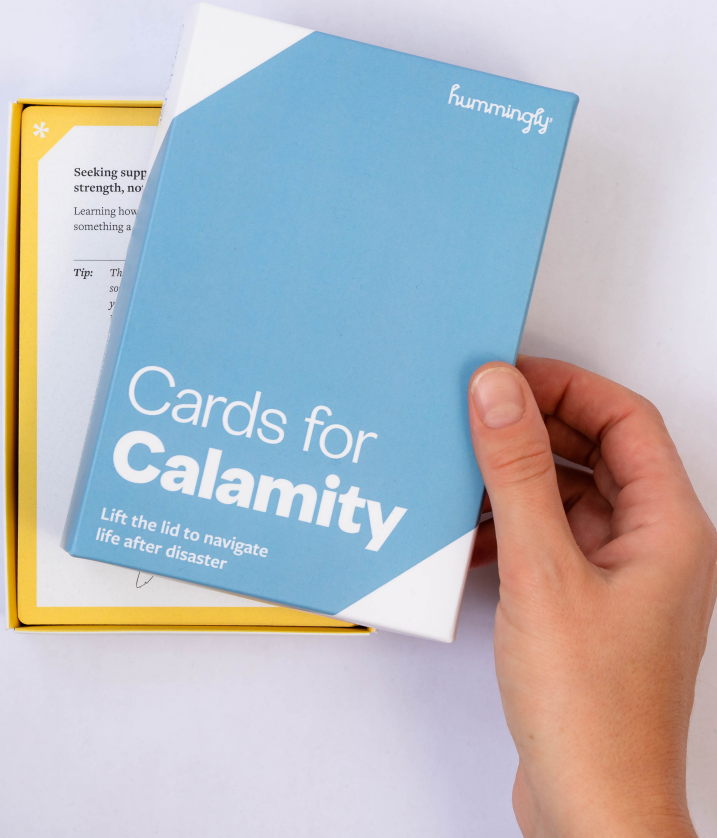
hummingfly™

*A guide to*

**COMMUNITY  
RECOVERY  
CONVERSATIONS**







# Cards for Calamity in group settings:

1. normalise the reactions people experience
2. encourage social connection and peer support
3. support group-efficacy and constructive problem-solving
4. provide a recovery-knowledge base for informed decision making.

# Cards for **Calamity**

*A Facilitator's Guide*

## A chance to chat

- Share your card if you've brought one along and why you've chosen it.
- Can you relate to one of the cards?
- Or is there a card that surprises or raises questions for you?
- How have you (or others) dealt with some of the things on the cards?

# Disastrous Dinner with a Difference

**Purpose:** Support people to engage quickly in meaningful discussions, mobilise a peer support network and normalise experiences for people.



\*  
**It is easy to lose your bearings after a disaster.**  
Make a plan. Be intentional about where you put energy, time and resources. This will determine where you land and what your post-disaster life will be.  
"If one does not know to which port one is sailing, then no wind is favorable."  
— SENECA  
**Questions:** What is most important in your life?  
What can you not afford to lose?  
Who can help you make a plan?



# Difficult conversations

## Purpose:

To constructively manage tension, competing priorities and conflict.



**As time wears on after disaster, stress can become the flavor of our interactions.**

It is hard in a stressed state to see beyond your own hurt. You then rub up against others who can't see beyond their hurt either. Things become personal and lines are drawn. Complex issues are reduced to black or white—my side or your side. Once this happens, it can be very difficult to find a way forward.

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**Tip:** *Conflict is uncomfortable, but if handled well, it can lead to a good place. It helps to remember that there is a counter story to every story. Does the answer lie somewhere in the middle?*



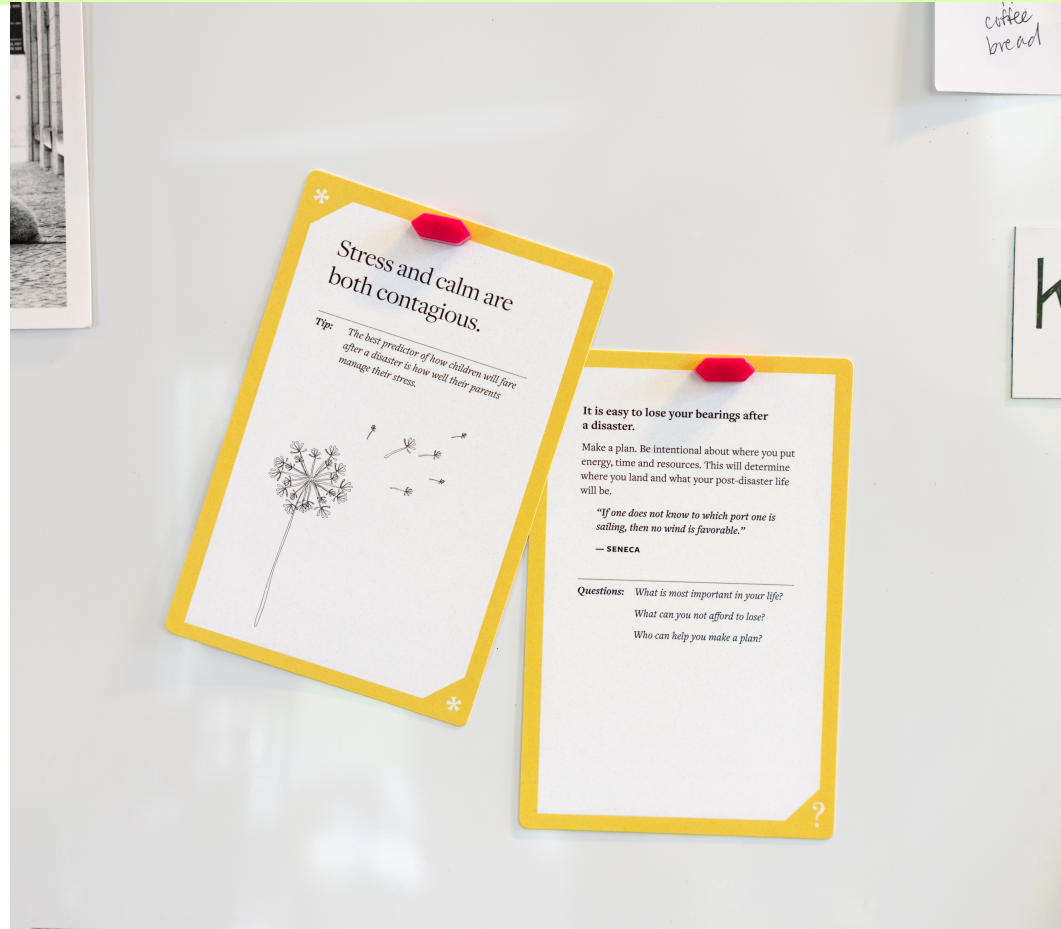
# A framework



# Stick it to the fridge

## Purpose:

To support family cohesion and decision-making at the household level.



# Walk & talk

## **Purpose:**

To encourage social connection, physical wellbeing and reflection time to work through issues and decisions.



**Thank you  
& go well.**



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