

Creating Healthy Communities Workshop Series

Inspire, Empower, Embrace...

What does it take to build a healthy community?

- ◆ Community **vision** to create healthy places where people live, learn, work, and play
- ◆ An understanding of **community needs** to improve access to healthy food and physical activity
- ◆ Community **partnership** comprised of leaders and champions working together to effect change

Join us for one or all of this 8 part series designed to provide participants with the steps and skills needed to create and sustain a healthy community!

Strengthening Your Facilitation Skills*

Sue Cagle and Sharon Cowen, UNH Cooperative Extension

- Thursday & Friday, March 17 & 18, 2016: 8:30 AM—4:00 PM
Location: Society for the Protection of NH Forests, Concord, NH
- OR
- Thursday & Friday, May 19 & 20, 2016: 8:30 AM—4:00 PM
Highland Center, Crawford Notch, Hart's Location, NH

Fee: \$120

Coalition Building using Collective Impact*

Sue Cagle and Sharon Cowen, UNH Cooperative Extension

- Thursday, April 7, 2016: 9:00 AM—4:00 PM
Location: Foundation for Healthy Communities, Concord NH
Fee: \$60

Community Readiness Assessment Training: Is your community ready to take action?

Regina Flynn & Scott Foster, NH Division of Public Health Services

- Thursday, June 2, 2016: 9:00 AM—2:00 PM
Location: Foundation for Healthy Communities
Fee: \$30

Facilitation Challenges and Tips for Success*

Sue Cagle and Sharon Cowen, UNH Cooperative Extension

- September 21, 2016, 9:00 AM—3:00 PM
Location: Foundation for Healthy Communities, Concord, NH
Fee: \$60

“Shhhhh, listen...It's the community talking!”

Effective practices of community engagement and involvement.

Presenters to be announced

- December, 2016: Date TBA
Location: TBA
Fee: TBA

2017 Series Topics

(titles and dates to be announced)

- ◆ Policy and Advocacy for Local and State Level Change
- ◆ Coalition Building Part 2
- ◆ Evaluating Community Change

* Co-sponsored and presented by:



The Creating Healthy Communities Workshop Series will take place over the course of 18 months, concluding in mid-2017.

Participate in all 8 workshop topics and receive:

- A “**Creating Healthy Communities Leader**” certificate from the Foundation for Healthy Communities and HEAL NH**
- Free registration for your 8th workshop

Certificates of attendance are available for each session.

Registration fee covers meals and materials.

Scholarships are available. Please send your scholarship inquiry to Beth at bwheeler@healthynh.com

** Credit will be provided for trainings in Strengthening Your Facilitation Skills and Community Readiness Assessment if these workshops have been completed previously. Proof of attendance is required.

To register or for more information and session descriptions visit:

<http://healnh.org/index.php/creating-healthy-communities-workshop-series>

Questions? E-mail bwheeler@healthynh.com



Healthy People
Healthy Places



Foundation for
Healthy Communities

Creating Healthy Communities Workshop Series

Session Descriptions

Inspire, Empower, Embrace...

What does it take to build a healthy community?

- Community **vision** to create healthy places where people live, learn, work, and play
- An understanding of **community needs** to improve access to healthy food and physical activity
- Community **partnership** comprised of leaders and champions working together to effect change

Across New Hampshire, communities, organizations, and groups are partnering to take action on their communities' priority health issues; action that requires working collectively, thinking differently, and building the skills and capacity to accomplish this work. This workshop series is designed to strengthen skill and leadership capacity for creating partnerships, implementing policy, and changing systems so NH communities have the opportunity for "healthy people in healthy places."

Who is this designed for? Anyone involved in initiatives, projects, or coalitions focused on community health planning, promotion, or education.

Join us... for one or all of this 8 part series designed to provide participants with the steps and skills needed to create and sustain a healthy community!

The **Creating Healthy Communities Workshop Series** will take place over the course of 18 months, concluding in mid-2017.

Participate in all 8 workshop topics and receive:

- A "**Creating Healthy Communities Leader**" certificate from the Foundation for Healthy Communities and HEAL NH **
- Free registration for your 8th workshop

Certificates of attendance are available for each session.

Registration fee covers meals and materials.

Scholarships are available. Please send your scholarship inquiry to bwheeler@healthynh.com

** Credit will be provided for trainings in Strengthening Your Facilitation Skills and Community Readiness Assessment if these workshops have been completed previously. Proof of attendance is required.

Strengthening Your Facilitation Skills: Skills for Community Collaboration

Sue Cagle and Sharon Cowen, UNH Cooperative Extension

This two-day workshop will help you develop skills and strategies to more effectively and efficiently facilitate work groups, community groups, coalitions, and collaborations. Through this training, participants will learn to:



- Create collaborative relationships
- Design and customize processes to meet the needs of specific groups.
- Develop intentional facilitation practices and use facilitation mapping to design meetings.
- Identify behaviors that hinder and help a group process.
- Strengthen participatory and interpersonal skills and increase ability to manage group conflict.

Session Dates

- Thursday & Friday, March 17 & 18, 2016: 8:30 AM—4:00 PM
Location: Society for the Protection of NH Forests, Concord, NH
OR
- Thursday & Friday, May 19 & 20, 2016: 8:30 AM—4:00 PM
Location: Highland Center, Crawford Notch, Hart's Location, NH

Location: Society for the Protection of NH Forests, Concord, NH

Registration Fee: \$120

Registration: https://www.events.unh.edu/RegistrationForm.pm?event_id=19715

Coalition Building: Using a Collective Impact Approach

Sue Cagle and Sharon Cowen, UNH Cooperative Extension

This workshop will explore the principles of Community Collaboration and Coalition building and explore how collaboration can be strengthened. The Collective Impact Model will be reviewed and participants given the opportunity to apply Collective Impact principles and strategies to their work.



Participants will:

- Understand the levels of community collaboration and situations in which each level might be appropriate
- Understand the collective impact model and when and why it is used in communities
- Apply the collective impact framework to real world situations and explore how using the collective impact framework might benefit the community in which it is applied.

Session Date: Thursday, April 7, 2016: 9:00 AM—4:00 PM (lunch included)

Location: Foundation for Healthy Communities, Concord NH

Registration Fee: \$60

Registration: https://www.events.unh.edu/RegistrationForm.pm?event_id=19678

Community Readiness Assessment Training: *Is your Community ready to take action?*

Regina Flynn & Scot Foster, NH Division of Public Health Services

The Community Readiness Model was developed at the Tri-Ethnic Center to assess how ready a community is to address an issue. The basic premise is that matching an intervention to a community's level of readiness is absolutely essential for success. Efforts that are too ambitious are likely to fail because community members will not be ready or able to respond. To maximize chances for success, the Community Readiness Model offers tools to measure readiness and to develop stage-appropriate strategies.

This session will provide participants with the skills and understanding to:

- Assess communities readiness about an issue
- Build relationships
- Gain a better understanding of the issue in the community
- Define and tailor strategies appropriate for the "readiness" of a community

Session Date: June 2, 2016; 9:00 AM – 2:00 PM (lunch included)

Location: Foundation for Healthy Communities

Registration Fee: \$30

Registration: <https://community-readiness.eventbrite.com>

Facilitation Challenges:

Sue Cagle and Sharon Cowen, UNH Cooperative Extension

This interactive, one-day workshop will provide participants with the opportunity to learn and apply facilitation tools and strategies to a variety of common group situations. The causes of common facilitation challenges will be explored and participants will have the opportunity to work with other facilitators to develop successful tools for responding to challenging situations.



Session Date: September 21, 2016, 9:00 AM—3:00 PM (lunch included)

Location: Foundation for Healthy Communities, Concord, NH

Registration Fee: \$60

Registration: *Check back this spring!*

"Shhhhh, listen...It's the community talking!" Effective practices of community engagement and involvement.

Presenters to be announced

Session Date: December 2016; Date TBA

Location: TBA

Registration Fee: TBA

Registration: Check back soon!

2017 Series Topics

(titles and dates to be announced)

- Policy and Advocacy for Local and State Level Change
- Coalition Building Part 2
- Evaluating Community Change