

# MOVING ON

*A Program for At-Risk Women*

• REVISED AND EXPANDED •



## Facilitator Supplements for Module 5

### SUPPLEMENTAL SESSION 2

- Maria's Community Challenge
- Lucy's Community Challenge

Hazelden®



# Maria's Community Challenge

## Instructions for Maria

*Distribute the participant handout **SS2-B: Maria's Community Challenge** to the women. The background information and problem statement are reproduced below.*

My life is so busy all the time, taking care of my kids. I love them, trust me, I do, but I feel like there is always someone attached to me, and I don't get a second for myself. I know other moms must go through this too, but I just feel so alone with it all the time.

I know I need help with my children, so that I can have some time for myself. But if I had time for myself, what would I do? I also need to find something that I can do with my kids, so that I don't feel like we are sitting around and doing nothing all the time.

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## The Problem Statement

I need to find some activities that we can do as a family and that I can do on my own. Help me to

- find activities that my kids and I can do together.
- find something that I can enjoy in my free time.

### **Assignment 1:**

Distribute the following materials to the women:

- brochures, pamphlets, newspaper clippings, community newsletters, and special event calendars that focus on entertainment, sports events, museums, and family activities that are free or reasonably priced
- names of agencies or companies that provide free tickets for sporting events or other community events

Ask the women to complete the What's Going On in My Community? worksheet.

***Assignment 2:***

Distribute materials such as brochures, pamphlets, newspaper clippings, community newsletters, recreation center calendars, catalogs on college and university courses, and special event calendars that focus on entertainment, sporting events, museums, and any activities offered in the community.

Ask the women to read Maria's Leisure Inventory and then complete the Leisure Search Form (Special Events) to help Maria identify activities for herself.

***Assignment 3:***

Assign roles to two members of the team and ask them to be prepared to role-play the following scenario. The other members will help with the script and observe the interview.

Maria discovered that the YMCA offers a reduced rate on memberships for families on a fixed income. She has set up an interview to speak with a counselor so that she can get a reduced rate. Prepare a script for Maria. What will she say in the interview with the counselor at the YMCA?

Hand out paper so that the team members can write their script.

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# Lucy's Community Challenge

## Instructions for Lucy

*Distribute the participant handout SS2-C: Lucy's Community Challenge. The background information and problem statement are reproduced below.*

One of the most difficult realities that I had to face when I left Corey was that I had nothing left. He managed all of our finances, he rented the apartment we lived in, he bought all the groceries, he paid all the bills, and he even bought my clothes. I really didn't have a clue where we stood financially unless we were strapped, and then he would always blame it on me. Now that I am on my own, I need to learn how to do these things.

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## The Problem Statement

Help me to

- find a safe and affordable place to live.
- manage my food budget.

### **Assignment 1:**

Distribute materials such as newspaper clippings, brochures from rental companies, city maps, information on low-income housing, and so on, to the women. Ask them to complete the How to Find Affordable Housing in My Community worksheet.

### **Assignment 2:**

Distribute the following materials:

- flyers, newspapers, and brochures about community resources (food banks, church groups, community agencies) that help when people have budget constraints
- information about cooking affordable and nutritious meals

- information about using food stamps and coupons
- favorite recipes or cookbooks

Ask the women to complete the Tasty Meals on a Budget worksheet.

***Assignment 3:***

Assign roles to two members of the team and ask them to be prepared to role-play the following scenario. Other members of the team will help prepare the script and observe the interview.

Lucy is meeting with a social service worker to apply for low-income housing and financial support while she goes back to college. Prepare a script for Lucy. What will she say to the counselor?

Hand out paper so that the team members can write their script.

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