

00:40:34 Kisha Lendore (she/her): Good Day and Welcome  
Back! Please use this link to sign in  
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Here is the link to today's slide deck  
[https://www.dropbox.com/sh/s3r0wzdbigyebnw/AAAe7oYX\\_rj93zz1hHpCLBlba?dl=0](https://www.dropbox.com/sh/s3r0wzdbigyebnw/AAAe7oYX_rj93zz1hHpCLBlba?dl=0)

00:43:34 Kisha Lendore (she/her): Good Day and Welcome  
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00:50:33 Kisha Lendore (she/her): Good Day and Welcome  
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00:51:35 CHRISTINE BRUGLER: Thank you so much for making  
these wonderful resources available to us. Much appreciated! :)

00:53:46 Kisha Lendore (she/her): You are quite welcome  
Christine!

00:57:33 Xavier Justice: 4  
00:57:34 Elizabeth Haase: 1  
00:57:35 CHRISTINE BRUGLER: 2  
00:57:38 Ellen LaCrosse: 8  
00:57:38 Becky Zakowski: 4  
00:57:43 Alyssa McClean: 2  
00:57:43 Kaatri Jones: 4  
00:57:44 Megen Naude: 3  
00:57:44 Sri (she/elle): 4  
00:57:47 Cassie Widdison-Simmons: 2  
00:57:47 Danielle Humphreys (she/her) WFCN: 5  
00:57:48 Mary Tigner-Rasanen (she/her): 4  
00:57:49 Tim Neubauer: 7  
00:57:49 Jessica Bee, she/her: 7  
00:57:51 Chuck Areford: 4  
00:57:56 Anita Leis: 5  
00:58:01 Linda Kruger: 3  
00:58:03 Mona Delavan: 8-10  
00:58:09 Julie Contos: 5  
00:58:11 louis allen: multiple  
00:58:14 Karen Hays: 7  
00:58:30 Danielle Humphreys (she/her) WFCN: too many to  
count

00:58:32 Lisa Moulds: 7  
00:58:37 louis allen: many  
00:58:41 Elizabeth Haase: 5?  
01:00:07 Elizabeth Haase: 5  
01:00:10 Xavier Justice: 5  
01:00:19 Tim Neubauer: 4  
01:00:19 Karen Hays: 3  
01:00:19 Kathryn DeFilippo: can you please define  
transition?  
01:00:21 Ellen LaCrosse: 5  
01:00:22 Linda Kruger: 1

01:00:22 Jessica Bee, she/her: 12  
01:00:28 Mona Delavan: 5  
01:00:28 Alyssa McClean: 5  
01:00:29 Julie Contos: 4  
01:00:31 Cassie Widdison-Simmons: 7  
01:00:32 Chuck Areford: 3  
01:00:33 CHRISTINE BRUGLER: multiple!  
01:00:33 Becky Zakowski: 7  
01:00:38 Wendy Greenspun: 7  
01:00:42 Mary Tigner-Rasanen (she/her): hard to count.  
01:00:50 Lisa Moulds: 7  
01:00:56 Danielle Humphreys (she/her) WFCN: 9  
01:01:33 Julie Contos: 25  
01:01:47 Lisa Moulds: 49  
01:01:57 Tim Neubauer: Very powerful to understand this on a community level.  
01:07:20 Sri (she/elle): I deeply appreciate the Matryoshka doll model concept embedded in the LINC model. If you knock the outer dolls over, the inner dolls will fall. And if there is enough instability amongst the inner dolls, the outer dolls can also fall. It seems almost silly to try to tackle each level of doll without acknowledging their nested nature.  
01:09:10 Sri (she/elle): Mothers of the Plaza de Mayo! :)  
01:13:49 Jessica Bee, she/her: Thank you Sri for this connection.  
01:20:44 Danielle Humphreys (she/her) WFCN: That last point is so important, and I feel often overlooked  
01:33:03 Sri (she/elle): I keep hitting the breakout group lottery: thank you Kathryn D., for a wonderful conversation :)  
01:33:26 Lisa Moulds: Connections Matter!  
01:33:38 Sri (she/elle): Lisa, so well put!  
01:33:45 Jessica Bee, she/her: Thank you Nayo and Danielle for making time to look at this statement work together.  
01:37:56 Danielle Humphreys (she/her) WFCN: Jessica and Nayo helped me think about the ways in which my program can help build resilience in disproportionately affected groups (in my work with youth suicide prevention and wellness, this would be BIPOC and LGBTQ+ youth) by lifting up ancestral strength and resilience, as well as chosen families. We could have used more time! :)  
01:38:27 Sri (she/elle): Judith, what you shared about those modified or expanded introductions resonated with me. I often find that I introduce myself as both an individual self, and also as a communal self in spaces that give me the freedom and safety to do that.  
01:40:14 Sri (she/elle): Danielle, such a great note on chosen families. Doesn't get honoured enough, nor the effort that youth [and adults] have to go through to assemble those chosen family members. It's basically having to take a crash course in identifying safety; that's not an easy take by any means!  
01:41:35 Danielle Humphreys (she/her) WFCN: ^Sri, yes, thank you for noting that!  
01:45:29 Cintha Archer: Please can you share the dropbox link for the slides?  
01:45:46 Jessica Bee, she/her: 5  
01:45:54 Mary Tigner-Rasanen (she/her): 5  
01:45:55 CHRISTINE BRUGLER: 12  
01:45:58 Cassie Widdison-Simmons: 5

01:46:00 Becky Zakowski: 6  
01:46:00 Chuck Areford: 7  
01:46:00 Danielle Humphreys (she/her) WFCN: 5  
01:46:03 Alma Quiroz: 5  
01:51:38 Becky Zakowski: Hillbilly Elegy  
01:51:48 Megen Naude: <https://www.imdb.com/title/tt3188048/>  
01:51:54 Megen Naude: Burning Kentucky  
01:51:56 Sri (she/elle): ^^ Yes, Becky!  
01:54:26 Mary Tigner-Rasanen (she/her): There is some controversy over generalizing the story of Hillbilly Elegy to represent Appalachian community.  
01:56:24 Danielle Humphreys (she/her) WFCN: Thank you, Judith! This is very inspiring  
01:56:31 Cintha Archer: Would it be possible to have a link to the slides for those of us on GMT who didn't realise there was a time change!  
01:57:04 Sri (she/elle): Cintha, this is the link that Kisha provided for us at the beginning with the slides:  
[https://www.dropbox.com/sh/s3r0wzdbigyebnw/AAAE7oYX\\_rj93zz1hHpCLBlba?dl=0](https://www.dropbox.com/sh/s3r0wzdbigyebnw/AAAE7oYX_rj93zz1hHpCLBlba?dl=0)  
01:57:33 Kisha Lendore (she/her): Thank you Sri!  
01:57:42 Cintha Archer: Thank you Sri much appreciated, I cant see it at the beginning.  
02:00:27 Mona Delavan: schools need resilience  
02:00:27 Sri (she/elle): Judith, in my mind, safety in one's body, one's chose family, one's community, and one's systems is a prerequisite to connection, and then hope. Connecting can feel extremely unsafe when attempts to connect in the past have been used as means of exploitation. What are ways that have served you well to cultivate safety?  
02:00:32 Sri (she/elle): chosen\*  
02:00:40 Lisa Moulds: Youth mental well-being  
02:00:58 Chuck Areford: Homelessness  
02:01:00 Tim Neubauer: Unemployment, domestic violence, substance abuse  
02:01:02 Jul Bystrova: activists and first responders  
02:01:09 Mona Delavan: community climate awareness  
02:01:23 Jessica Bee, she/her: Self Value and Community Value being realized in a decades long devalued community.  
02:01:32 Becky Zakowski: inequity r/t at home learning due to Covid  
02:01:53 Jessica Bee, she/her: ^agreed Becky  
02:02:18 Mary Tigner-Rasanen (she/her): Recognition by the dominant culture of the value of the non-dominant cultures.  
02:02:25 Tijana Vukicevic: I'm thinking about my workplace (community mental health) who have a very relaxed attitude about climate change in my organisation. I am thinking about how to raise awareness in the charity and take responsible steps as an organisation to ensure we have environmentally friendly policies in place  
02:02:26 Danielle Humphreys (she/her) WFCN: Wow . Identifying those milestones for youth as they go through adolescence is important.  
02:02:51 Xavier Justice: Clergy and communities of faith supporting adherents and strategic community renewal  
02:02:56 Danielle Humphreys (she/her) WFCN: (especially in the context of safety and wellness. And taking time to celebrate in

the midst of challenges)

02:03:04 Julie Contos: Increase social resilience in mental health population, food insecurity, climate crisis

02:04:32 Kisha Lendore (she/her): Please take a few moments to complete a brief evaluation

<https://docs.google.com/forms/d/e/1FAIpQLSeYm5Nz9FMzubnvc6yQkIfKTHIsQ2U0LCadbBIeP7o22ByNdg/viewform?gxids=7628>

Thank you for attending today and we look forward to seeing you next Tuesday. Please use this link to sign out

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02:07:08 Mary Tigner-Rasanen (she/her): Thank you for the message about inclusion of naysayers. It is something to prepare for.

02:07:23 Jessica Bee, she/her: Thank you Judith.

02:07:26 CHRISTINE BRUGLER: Thank you!

02:07:28 Xavier Justice: and the bigots!

02:07:35 Lisa Moulds: Thank you!

02:08:06 Sri (she/elle): An illuminating and uplifting presentation, Judith. Thank you for giving us such wonderful resources and a helpful paradigm to use.

02:08:08 Xavier Justice: Thank you, Judith! Thxs, Bob

02:08:09 Linda Kruger: Outstanding session. Thank you Judith and Bob!

02:08:24 Alma Quiroz: Thank you.

02:08:25 Danielle Humphreys (she/her) WFCN: Thank you for this excellent presentation!

02:09:37 Heidi H Rogers: This was fantastic! Thank you for sharing your life experience and your model :)

02:09:52 Xavier Justice: well said

02:10:05 Danielle Humphreys (she/her) WFCN: Bob, yes

02:10:20 Tijana Vukicevic: Thank you!

02:10:26 Jul Bystrova: thank you!!

02:10:40 Sam Black: Thank you