

## SWWA FYSPRT Meeting Notes

December 16, 2024, 11:44 PM

### Event and Holiday Planning

- Discussed strategies for coping with holiday events, emphasizing setting personal boundaries.
- Acknowledgement of holiday events and their significance.

### Introductions

- Participants shared introductions and their favorite Christmas songs:
  - Notable songs: "Rudolph the Red-Nosed Reindeer", "White Christmas", "Last Christmas", Mariah Carey's Christmas album, "Little Drummer Boy", "River" by Joni Mitchell.

### Facility Discussion

- Ongoing renovations of a new family resource center noted, exterior needs improvements.

### Comfort Agreement

- Guidelines for respectful participation were outlined:
  - Listen before speaking, balance participation, clarify language, practice honesty, maintain silence on phones, and ensure confidentiality.

### YAY Updates

- Transition back to in-person monthly meetings; next on January 6th.
- Possible topics: seasonal depression and coping strategies.
- Planning an event around March/April, potential themes include indoor field day activities.

### Calendars for 2025

- New calendars featuring events for both YAY and FYSPRT are available.

### Engagement and Outreach

- Discussed enhancing outreach and meeting attendance, with focus on high school students.

- Utilize social media, specifically Instagram, for effective event promotion.

#### Volunteer Opportunities

- Partnership with River City Church for 2025 volunteer projects.

#### Attendance and Engagement

- In-person meetings expected to improve attendance.
- Efforts to connect with youth programs and agencies to boost participation.

#### Miscellaneous

- Shared personal stories and social exchanges among participants.

#### Next Steps

- Members encouraged to share event ideas via email or evaluations.
- Continue developing community connections and identifying target groups for increased engagement.