



SDTIGT MEMBERSHIP/VISITOR MEETING AGENDA

Noon Networking 12:15 pm – 12:30 pm

Meeting 12:30 pm – 2:00 pm

March 5, 2021

Location: Virtual Zoom meeting

Mission: *Promoting trauma-informed services in the San Diego region through collaboration, advocacy, and education.*

I. Networking

II. Welcome – all were welcomed by Chairs Dana Brown and Linda Ketterer
Attendees shared their name/organization/role in Chat Box

III. Community Mini-Grant Awardee Share-Out

Sara Schairer, founder of Compassion It, and recipient of a Guide Team Mini-Grant, provided attendees a Compassion Workshop. Sara shared that the mission of Compassion It is to create a compassionate culture by starting with self-compassion. She began in 2011 with bumper stickers, then quickly expanded to t-shirts, and wrist bands. There are now 160K [Wrist Bands](https://compassionit.com/) all over the planet reminding wearers to “flip it” when you experience (provide or receive) compassion. Research shows compassion helps us physically and mentally. Compassion IT trainers offers trainings all over the world doing teaching how to cultivate compassion. <https://compassionit.com/>

Attendees learned about the 4 pillars of self-compassion and participated in experiential activities and small group discussions to facilitate compassion for ourselves and one another.

- **Announcements** [Advancing Parenting](#) offers free bumper stickers with parenting skills at no cost to organizations – 51 stickers in all.

IV. Next Virtual SDTIGT Meeting:

Our next meeting will be Friday, May 7, 2021. Networking begins at 12:15 pm and the meeting is from 12:30 pm - 2:00 pm. Unite Us will be providing a presentation.