



AGENDA 11/17/2023

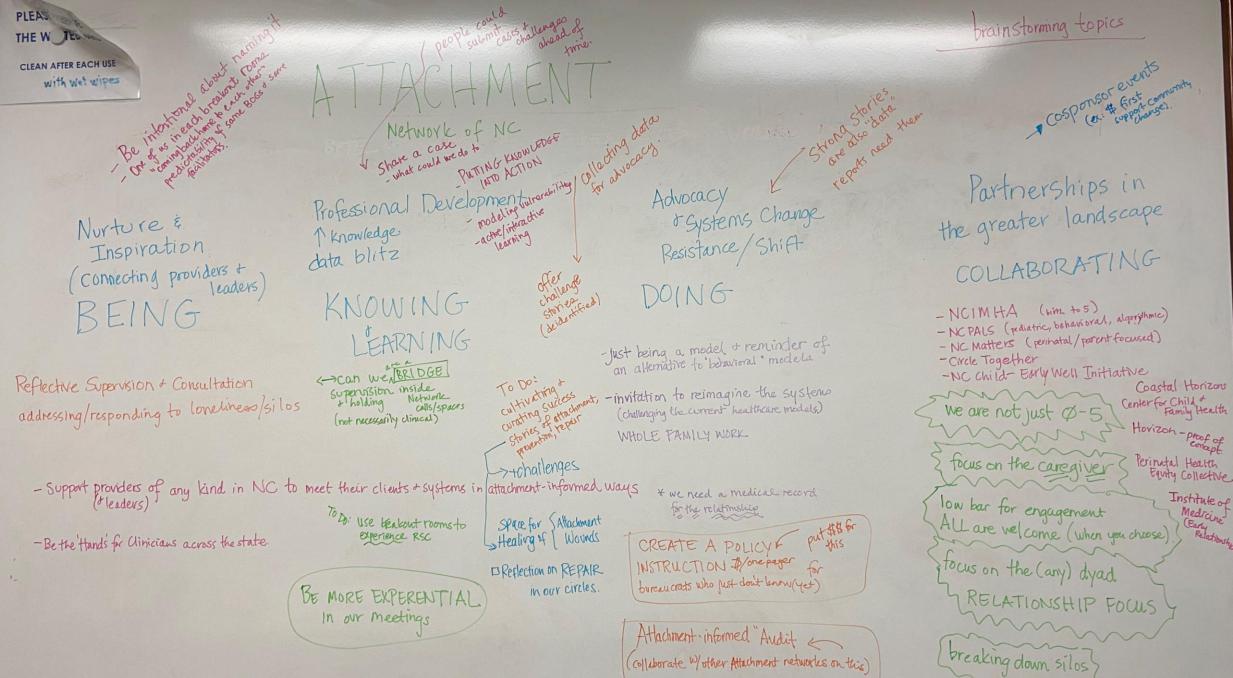
Welcome & Grounding Susanne Walker Wilson	10 mins
Group Check-In Carine Kelleher	35 mins
Dispatch from October Retreat Karen Burns, Evette Horton	30 mins
Announcements	10 min

GLIMMERS

- The concept of *glimmers* was coined by Deb Dana, a psychotherapist specializing in complex trauma.
- **Glimmers** are the micro moments, situations or feelings in your day that spark a sense of joy, happiness, positively and wellbeing, even if momentarily.
- Glimmers are the opposite of triggers.
- **Glimmers** tell your nervous system that you are safe and well in the world.
- <u>Gimmer Slide Show Linked Here</u>

IN BREAKOUT ROOMS

- What is lifting you up these days?
- What is weighing you down?
- How do you want to be nurtured or supported by this group specifically?



(colluborate Wother Attachment networks on this)

Institute of

Medicine

(Early Relation

Being

 Connect and support providers who use an attachment lens, especially for those who are siloed

Knowing & Growing

 Collecting, curating, and sharing compelling stories of attachment successes and challenges

Advocacy

 Coming in front and behind as a reminder that programs based in secure attachment instead of defaulting to behaviorism

WHAT WE KNOW

Our scope is beyond early childhood We support caregivers AND children

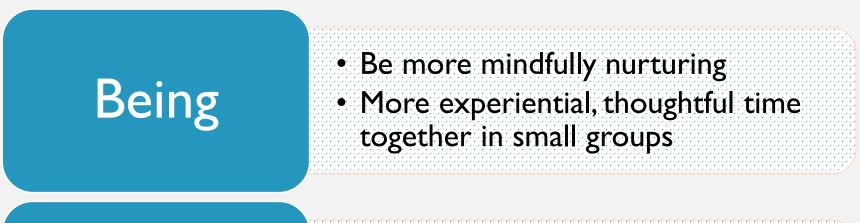
Low bar + big table

By existing, we're resisting – we challenge models of care that don't serve the dyad

We value experiential learning

We want to build bridges

We need space to name how current systems aren't working



Knowing & Growing

Case discussion and collaboration
Continue to host speakers
Continue data blitz

Advocacy

 Consider opportunities for collective impact (policy, auditing, outreach?)

ANNOUNCEMENTS



SAVE THE DATE

Next meeting: Friday, January 19, 2023 @ Ipm

attachmentnetworknc.org/