



FRIENDS NEAR & FAR

NEWCOMER WELLBEING WORKSHOP

Community of Support Activity

Community Mapping through Art. Goal, to help participants visualize and share their community of support while fostering connection and collective reflection.

Materials Needed: Large sheets of chart paper, markers, crayons, or colored pencils

- 1. Set Up the Space** Cover tables with large sheets of chart or craft paper. Arrange markers and drawing materials so they are accessible to all participants.
- 2. Introduce the Activity** Explain that the activity is about mapping places, spaces, and experiences that bring joy, safety, trust, friendship, or a sense of home. Emphasize that the goal is to create a collective map of community support.
- 3. Invite Sharing and Drawing** Encourage participants to share verbally about meaningful places or experiences. Participants should draw or write their ideas on the communal paper, contributing to different sections.
- 4. Facilitate Connections** Highlight connections that emerge naturally, e.g., when one participant mentions missing playing cricket and another invites them to join a weekend game. Encourage positive interactions and mutual support among participants.
- 5. Reflect and Debrief** Ask participants to reflect on what they learned about their own and others' sources of support. Discuss how the collective map represents a shared network of community, trust, and belonging.

