

## Supplementary file 4: Workshop 1 facilitators guide

Time		Facilitation Guide
9.30am	Registration and tea/coffee/fruit platter	Greet participants/Elders/dancers etc
10.00	<b>START</b>	Welcome
	Welcome/Acknowledgement to country	
10.15	Creating our safe space	<ul style="list-style-type: none"> <li>• Acknowledgement of what we are talking about is hard</li> <li>• Importance of listening</li> <li>• Ask group to contribute to collective agreement on 'principles of participation' and then put them up on butchers paper.</li> <li>• Reiterate no-one will be asked or expected to share personal experiences (not purpose of workshop)</li> <li>• Absolutely ok to leave at any time if uncomfortable &amp; to play on phone (nb smiling mind app)</li> <li>• Introduce trauma response factsheet (We Al-li Pty Ltd) and card with Psychologist contact.</li> <li>• Some diversionary activities on tables (mindfulness colouring/drawing).</li> <li>• Rocks on table for people to choose - one to paint as a symbol of 'hopes/dreams aspirations for project'. Write brief description on sticky notes. At end of day we will place these in the coolamon as a symbol of our aspirations, and also leaving the 'weight' of discussions here as we go back to our families.</li> </ul>
10.30	Introductions	<p>Ask people to form a big circle.</p> <ol style="list-style-type: none"> <li>1. Say your name and where you're from.</li> <li>2. Ask people to form groups of 3.</li> <li>3. Assistant hands each group of 3 x 6 strengths cards. Pick a strength/picture card (or choose each if you don't like it) And share a little story what that means to you or your family (from selection on table). Do this for a few minutes until about 10.55.</li> <li>4. Circle up and thank everyone for sharing (remind people to chat to those they didn't meet at lunchtime).</li> </ol>
11.00	Sharing research knowledge	<ul style="list-style-type: none"> <li>• Clarify purpose of this session</li> <li>• Very simple overview of evidence, including from scoping review (remind sent out earlier),</li> <li>• Outline of project plan (team, approach, major activities and timelines)</li> <li>• Questions</li> <li>• Ask people to spend 10 min's in table to write down why are we here? what's brought you to this project?</li> </ul>

		<ul style="list-style-type: none"> <li>– brightly coloured postit notes and large poster (words to go with images on rocks)</li> <li>• 5 mins feedback on group discussions</li> </ul>
12.00	LUNCH	Stick words up on posters
12.30	Working together safely	<ul style="list-style-type: none"> <li>• Clarify purpose of this session</li> <li>• Brief discussion of importance of cultural/emotional safety – particularly in context of this project</li> <li>• Group experiential activity to understand lateral violence</li> <li>• Small group questions to generate protocol for cultural and emotional safety (1) for participants (families, community members, service providers); (2) among each other (3) with the broader society (e.g. ensuring anything coming out of project is not damaging to the broader community) and (4) between Indigenous and non-Indigenous peoples.</li> </ul>
2.00	AFTERNOON TEA	
2.15	Sharing community and service knowledge	<ul style="list-style-type: none"> <li>• Clarify purpose of this session</li> <li>• Brief recap on evidence specific for Aboriginal communities</li> <li>• Group activity to understand:</li> <li>• How do you/services/communities currently recognise if a parent is experiencing trauma? (screening)</li> <li>• What assessment processes are currently used?</li> <li>• What support strategies are currently used?</li> </ul>
3.30	Reflections and next steps	<ul style="list-style-type: none"> <li>• Overview of day (5 mins)</li> <li>• Evaluation forms for feedback and suggestions for next workshop (10 mins)</li> <li>• Reminder to take care and be kind to themselves tonight (eat well, exercise etc important too)</li> <li>• Reflective activity with holding stone with aspirations and drop into coolamon (15 mins). People can share if they want with group. Sticky notes/record on butchers paper.</li> </ul>
4.00	THANK YOU AND CLOSE	Thank you and close