

## Community Mapping/Community Connections 101 Workshop

**Duration:** 2- 2.5hours

**Set-Up:** If possible arrange tables in a larger circle/spoke format. Have snacks and drinks, one or more friendly greeter (s) at the door; name tags; tables ready for 4-5 people each and to accommodate wheelchairs and special needs etc. Have copies of agenda and workshop objectives

**Presenters:** This workshop was designed to be hosted by a family member and self advocate (and CLBC facilitator if being used for CLBC planning workshop)

**Supplies:** Flipchart paper, Green, Blue, Orange and Yellow standard size post it notes, medium size markers (all colours), stickers, name tags, Mapping our Common Ground booklets, Large local base maps. Community Mapping Power Point Loaded- projector and screen.

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### Slide 1 Welcome

Presenters introduce themselves and talk about why they are excited about Community Mapping

### Slide 2 What we hope to do together

This workshop is just a Community Mapping ‘taster’. We hope it helps to:

- build new and stronger connections with each other
- identify and recognize each other’s gifts
- connect us to parts of community we didn’t know about
- start conversation about what we can do together to create more inclusive community

- show a process that could be used to start conversations/partnerships with the broader community

### **Slide 3 Ice Breaker (15 mins)**

So, first things first. We'd like everyone to get up, and have an opportunity to mix a little. So, if everyone can stand up, and by chatting a bit, find out who was born when, and where.

What we'd like you all to do is ask you to arrange yourselves in a semi-circle, based on when your birthday is in the year. January at one end, December at the other. We'll give you a few minutes to get organized. Presenters jump in too!

(Give a few minutes for group to organize themselves)

Now let's go around the circle.

If we can ask each person to just say their name and birthday, they were born today, and where your name came from? I'll start first.

That's great! Now everyone can sit back down again. Thanks!

Note: If smaller group then people can rearrange themselves around table (s).

**Slide 4 What is Community Asset Mapping?** Ask the group and write down their responses on flip chart.

Community Asset Mapping is:

- a process where a group of people come together to identify people, places and things that are considered important in a community.
- a way to locate ourselves and what we care about
- a powerful starting place that can lead to bigger community development and partnerships.
- a way to open many doors and provide a platform to create partnerships and a bridge to networking.
- a place to start conversations, educate others and integrate ourselves in meaningful ways.

It's a process, that sometimes leads to a physical product like a map, and other times is used to figure out what's important to people and what gifts they have personally and collectively in their community to make a difference.

### Slide 5 Quote

“Community Asset Mapping a process that can be used to mobilize a community to use its assets around a vision and a plan to solve its own problems.” John McKnight

*(optional depending on audience)* **Video:** Building Community by Beth Mount  
<https://vimeo.com/64586570> (3 minutes)

**Slide 6- Here are the mapping activities we are going to do today**

**Slide 7- Mapping our Personal Gifts (20-30mins)**

### Activity #1:

**Supplies needed for activity:** Blue, green and orange post-it notes, Coloured markers, Flipchart paper (either stickable to wall or bring Green Painters Tape to stick to wall)

*Depending on size of the group you may want to divide into smaller groups of 3-5.*

Community Mapping starts with identifying our personal strengths and/or our gifts as a collective

You'll see a good selection of supplies on the table. Coloured post-it notes, some nice markers, and flipchart paper – they are all for your shared use.

First, we are asking you to think about what gifts (strengths, interests) you personally bring and have to offer to your community

Take a minute to think: What are the special gifts or assets (passions, skills, hobbies, unique things, experiences) that I bring to my community?

Now we are going to ask each of you, or a friend, to write down your name (or have someone record for them if writing is not possible) and then write down **3** of your own personal gifts or assets on **3** separate post-it notes.

Can't think of anything? How about - What do you love to do and share with others?

What is unique or special about you? – Don't worry – these 3 things can be anything!- Is it your sense of humor? Maybe your patience or kindness. Are you organized, or a good listener? Are you a caring friend? Do you love being a mom? Do you like cooking, love kids, make artwork, build great birdhouses? Just have fun, and write three things down.

Once you're done, please stick your post-it notes onto the big piece of paper in the middle of your table.

Give group 5 minutes

OK – are you done? Now we're going to have you share your post-it notes with the other people in your table group. Just go around the table and share what you posted on the piece of paper.

Next arrange the stickies on the large paper to illustrate the gifts you bring as a group- each small group presents to the larger group.

Next- on separate coloured stickies write 3 things that are great about your community or that you appreciate about your community like: everyone's really friendly at my grocery store, or there's always someone to have coffee with when I go to starbucks, we have lots of green space like a great park where I can walk my dog, ride my bike or play with my kids.

Hang on to those and we'll do something fun after the break

Break (10mins)

**Slide 8 Mapping our Community Gifts and Assets (30-45mins)**

***Activity: Community Asset (and Connections) Mapping***

*Put a large local base map and markers on the table or hang up map on in easy access space, as the foundation for the group activity.*

Remember those stickies we asked you to hold on to?

Let's take turns reading out individual stickies and telling group why this is an important part of community to you. *(Encourage the group to ask questions if they want to know more about what is being shared)*

Next we'll work together to put our stickies about what's great about our community on this map.

Okay so what do you see – and is there anything missing? What might we add to the map of the great things about our community? If you're stuck – think about things like: Where do I feel connected and included? (e.g. Friendly, accessible, inclusive places and programs).?

Where do I go and what routes do I take to access my community, or recreation places and activities? Put these places and routes on the base map.

*For this exercise encourage people to include assets beyond disability services etc.*

Each person participates and places what they think is key in each and all of those areas on a community base map.

**Questions/ Prompts:** What did you notice about your community? What are key assets and routes you identified? Are there any common themes you notice? Did you find out about a part of your community you didn't know about?

**Slide 9-** Personal Mapping and Community Mapping are really great tools to map out all of the current connections and places in a person's life.

Of course, this demonstration is really just a quick look at what community mapping can do. When you start to really understand what is going on in your local community, on your street, in your neighbourhood, in your part of the province it can be truly exciting to see everything that is going on!  
It also helps us to see where we can work together to strengthen our community.

That bring us to the next activity

### **Slide 10 Mapping our Vision for the Future- 20-30 mins**

**Supplies-** Large blank paper for each group to create a map, stickies, markers,

We'd like to have some fun, and create a future map for your community- An ideal future state for your local community.

#### **Overall Questions /Prompts:**

If you- we were going to re-create your community to be more vibrant, inclusive and healthy what would it look like? What are the essential parts of the community – obvious and not so obvious?

As a group, we just want you to draw, or use words, or pictures, or stickers or whatever you like to create a **Community Future Map** .

Use your creativity, any colours you want – but everyone in the group is asked to share or contribute something to the Map - – words, pictures etc. on one paper.

That's great. Now pulling from your Future map, each person name 2-3 things they would like to see happen or be created in their own community. If someone can write notes and stick on, or draw on our wonderful Local Base Map outline, that would be wonderful.

**Group Sharing / Discussion about what we can do to connect to and strengthen our community**

**Optional Video:** Seven Principles of ABCD / Jim Diers :

<https://www.youtube.com/watch?v=uwA02v9gfOc> ( 8 minutes)

### **Slide 11 Community Councils**

This is exciting stuff, isn't it? So, if you would like to work towards a stronger community, we have the connection for you!

Our very own CLBC Community Councils are keen to take local community projects on, and work with families, individuals, service providers and CLBC staff, to do this kind of community mapping and community engagement work.

This process can let us share really valuable information about our communities with each other, and with others around the Province. If you are interested in getting more involved with this kind of project in your community, we encourage you to come out to your local Community Council meeting and find out what it's all about.

***Your local community council is located in \_\_\_\_\_ . Your contact person to find out more would be: \_\_\_\_\_ . You can also sign the consent form to share your information and have a Community Council member contact you to share more.***

## **Slide 12- Head Heart Hands**

You have been a wonderful group!

Now we'd like to get feedback from you about what we've been doing today.

A quick Head/Heart and Feet check in.

What's that? Well, Head = What Have I Learned?, Heart = What and How Have I Felt or am Feeling? And Feet = What do I want to start doing?, What will I stop doing? Or What will I keep doing?

Go around the group and ask for them to share