

Getting to Know You: Common Ground

- ◆ **Step 1:** Take a moment to respond to the following questions! You'll be sharing these answers with the group, so consider things you're excited to share about yourself with your new WoVeN group.
- ◆ **Step 2:** Once everyone in the group has written their answers, one-by-one the group will share responses. After the first person has gone, the next person will find something she has in common based on the answers of the member who spoke before her and then share some details about herself based on the questions below.

Step 1: My Responses

1. **Something I've always wanted to learn to do:**

2. **The craziest thing I've ever done:**

3. **My friends and/or family think I talk about this too much:**

Step 2: Common Ground

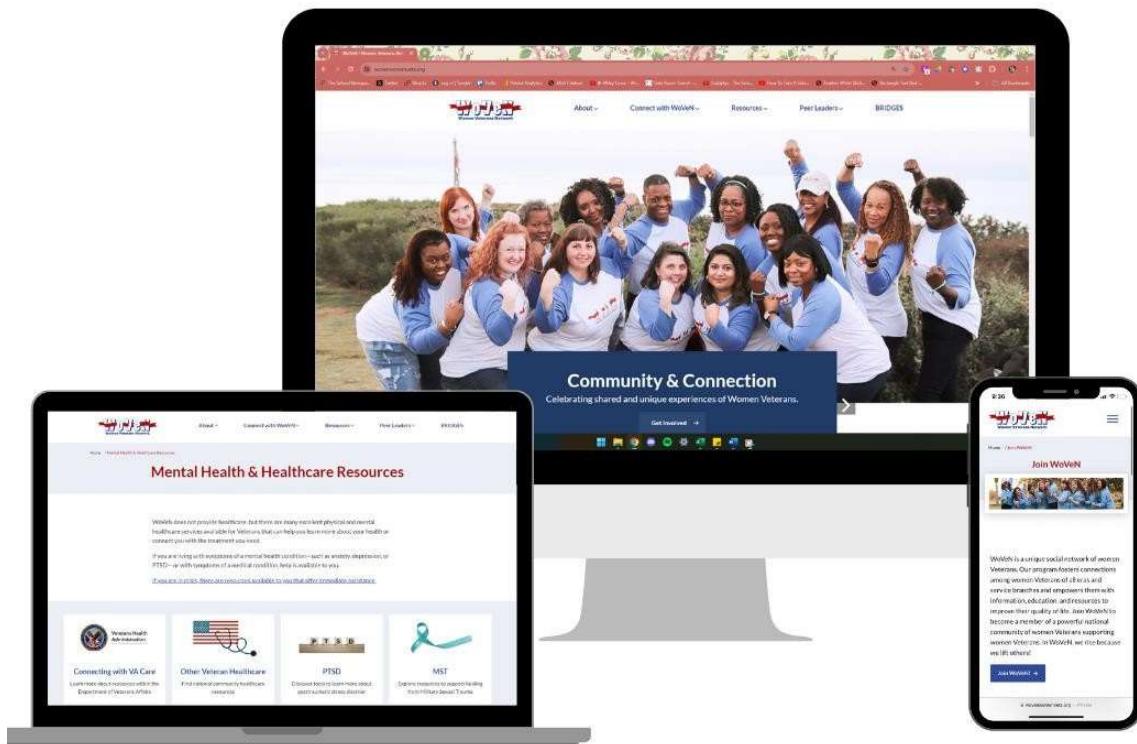
Use the space below to jot down a few things you have in common with your fellow group members! Try to think of something you have in common with the group member who spoke before you and share that with the group.

WoVeN Website

Check out the WoVeN website for other tools and information including:

- ◆ Additional resources on our meeting topics
- ◆ The latest updates on WoVeN initiatives
- ◆ Information on other ways to get involved
- ◆ Resources for women Veterans
- ◆ Research opportunities

www.wovenwomenvets.org



WoVeN Common Courtesies

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



WoVeN Letter to Yourself

Take a minute to write a letter to yourself. As you write, you may want to reflect on the goals you have for yourself, the other members of the group, and/or the WoVeN program in general. You can also consider the following questions:

- ◆ What does it mean to you to be joining a group of women Veterans?
- ◆ What are your hopes for yourself in this group? Do you have any specific goals?
- ◆ What role do you hope to play in the group?
- ◆ What are your hopes for the group as a whole?
- ◆ What challenges are you facing now or might you expect to face as you get started?



Staying in Touch: Group Contact Sheet

Staying in touch with your Online Group and having a platform for group members to chat with one another is a useful way to keep members connected! You may want to decide on a communication method that is easily accessible for anyone who would like to partake in communication outside of the group. Choose a method that works for everyone who would like to be included!

Here are some options for staying in touch:

◆ **Email:**

- Some groups might prefer to stick with email as a form of contact outside of group meetings. Email will be a very useful tool for sending out group materials and meeting reminders!

◆ **Text Messaging:**

- If everyone is comfortable with sharing their phone numbers, create a texting group chat.

◆ **GroupMe**

- GroupMe is a free and user-friendly app that allows you to make a group chat without having to share phone numbers. You can check it out here:
<https://groupme.com>

◆ **Facebook**

- You might consider creating a private Facebook group for your members to join.



Photo/Audio/Video and Written/Spoken Content Release

This document should be initialed and signed by all group members at the first meeting.
Please mail signed copies to the address below or email to contact@wovenwomenvets.org.

Women Veterans Network
Attn: Tara Galovski
150 S. Huntington Ave.
Boston, MA 02130

Statement of Informed Consent

I understand that the WoVeN program and Boston University School of Medicine and/or its members have asked my permission to make appropriate use of my photo/audio/video documentation and written/spoken content on the WoVeN website and other promotional materials.

It is understood that the WoVeN program and BU School of Medicine will exercise good judgment and high standards of ethics in putting this material to use.

By initialing below, I hereby **agree** that my:
 photograph / audio / video documentation
 written / spoken content

can be put to the above use by the WoVeN program and BU School of Medicine.

Print _____ Signature _____ Date _____

Address _____

Telephone _____

Witness Signature Date _____

OR

By initialing below, I hereby **do not consent** to the distribution of:
 photograph / audio / video documentation
 written / spoken content