



Z-HOPE for Women

Sisterhood: The Tie That Binds

Objectives: By the end of this program, participants will have an increased awareness:

- of self as it relates to sisterhood among females.
- of the many more similarities than differences that exist among the sisterhood
- and appreciation for those similarities and celebrate the differences

Estimated time of the Program: not to exceed 90 minutes

Audience: age 20 years and older

Procedure:

1. Contact your local Motivation Speaker, in local College or University: Department of Women's Studies; Department of Social Work, Psychology, and/or Marriage, Family and Child Counseling Departments. to find out where you might secure a speaker.
2. Decide when you would like to offer the program (have at least 2 dates).
3. Set a goal for attendance: 20, 50 or more. **Be realistic! It's better to meet & exceed your goal, than to miss it because it was too high.**
4. Contact eligible speakers to secure availability (date and time).
5. Confirm the agreed upon date & time with the speaker & chapter. It is always good to send the speaker a letter to follow-up your verbal agreement. Find out if they will need any equipment to make the presentation. Ask for a **30-minute** presentation. It will usually end up being 45 minutes and if it is a good one, attendees will have questions and that will take 20 to 30 minutes. **STOP the program at 90 minutes.** If there are more questions, suggest they stay around to discuss them with your speaker, if their schedule will allow it.
6. Assign some one to contact the speaker on the day before the program to remind him/her of the program and provide directions to site if necessary.
7. Begin your public announcements about the program. Send to newspapers, radio and television stations, churches, encourage chapter member to place them in restrooms at work, community women's groups and college women.
8. Find out if you need to secure handouts for participants.
9. Have a committee member arrive at the site early to greet early arrivals.
10. Have copies of the evaluation form available for each attendee and provide pens and pencils just in case they did not bring one.
11. Assign a committee member to collect the evaluations as persons leave.
12. Assign a committee member(s) to summarize the evaluation within 2 weeks after the program.
13. Make a report to the chapter at the next meeting.
14. Make the summary report to the Regional person.
15. **Celebrate your success!**

Safety Considerations: Be sure attendees understand that any 'Sign In List' is only for the purpose of documenting attendance and will not be provided to outside persons.

Materials Needed: A qualified, knowledgeable speaker
Equipment will vary depending on the speaker.
Brochures/handouts from local agencies
Information from local agencies



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Overview

As women, we are sisters...As African American women we are sisters... We have commonalities, ideals, experiences, thoughts and opinions that are different and some that are the same. This activity is designed to get "sisters" to talk to each other and bond with one another. This activity transcends age, education and socio-economic barriers that tend to keep "sisters" from relating to one another.

Suggested Activity: Sisterhood Frames

1. Divide the participants into groups of 4 to 5 members. (Have each participant count off followed by "1's here, 2's here" etc.
2. Each group will have one large sheet of paper and 4 or 5 circles, markers or crayons, a ruler and a glue stick.
3. The members of the group need to choose a recorder to jot down the groups responses to the following: Favorite Food(s), Hobbies, Favorite Place to Visit or want to visit one day and A Life Changing Event.
4. As the members of the group are sharing their responses, each one is to use a circle and the markers and draw themselves.
5. The recorder should draw a "box" on the outside edge of the large piece of paper and jot the responses down for each aforementioned category. Leave a large space in the middle of the sheet. Participants will use the glue stick and affix their "faces" in the middle of the sheet.
6. The group needs to come up with a group name.
7. One person will serve as a Reporter and share their group's responses with the entire group. (Each group will need a reporter.)

Materials Needed: Willing, Receptive Sorors
Construction Paper
Markers, Crayons or Colored Pencils
Glue Sticks
Rulers