**Session 4 Lesson Plan:**

Open floor discussion:

1. Get group members to write down some critiques, thoughts on how the session is going so far and things they want to see change for the next half.
2. Group members will write thoughts on an index card and fold them.
3. The facilitator will go around and collect them in a container.
4. Facilitators will take time to read over them and address comments.
5. Allow members to add comments/questions in open discussion.

Upcoming expectations:

Explain the rest of the session will consist of:

* Coping Self-Efficacy Assessment
* Intro to Coping Mechanisms
* COPE Inventory assessment activity
* Resilience in Coping

Questions :

Allow questions for upcoming portions of the session.