

# Getting through the Tough Times



enhancing children's resilience  
through groupwork

Meagan Nesbitt & Tim Hawes  
Samaritans - Creative Times

# Creative Times

an initiative of Samaritans

Enhancing the resilience of children,  
young people and families.

Samaritans Foundation

- Reconnect
- Creative Times
- Creative Futures

# Four key elements in enhancing resilience

Strengths

Support Networks

Problem solving

Positive view of an  
achievable future

# The Seven Processes of Effective Groupwork

1. Value contact
2. Capture the moment
3. Have the authority to comment
4. Ask questions, don't answer them
5. Be open to possibilities
6. Rely on relationship as a resource
7. Trust in the process

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# Case Study: Janine

Referral from the school

Pre-group home visit

In the group

Reflecting on the group

Before



After

