

# KNOW YOUR NEIGHBOR

## Healthcare Discussion Guide

### PURPOSE

Learn about your neighbors and the complex realities related to healthcare in San Antonio

### OBJECTIVES

- To cultivate trust across divides in our city
- To create a narrative of our city that can inspire transformation and repair

TIME	AGENDA	ACTIVITY
10 MIN	<b>INTRODUCTIONS</b>	Welcome everyone and ask people to introduce themselves:  Example: Share your name and why you're here.  Go first to model the exercise for your guests.
5 MIN	<b>GROUP AGREEMENT</b>	Read the "Commitments of Conversation" aloud, invite people to reflect on which ones resonated with them, ask if anyone has one to add, and have everyone agree to upholding the commitments in your conversation.
10 MIN	<b>CONVERSATION STARTERS</b>	Pose the question:  What was your favorite thing about your neighborhood growing up?  Pair each of the guests up and give each person two minutes to share. Encourage generous listening with no interruptions.

TIME	AGENDA	ACTIVITY
5 MIN	<b>REFLECTION ON THE PROCESS:</b>	<p>Reflection:</p> <p>How did it feel to be the speaker? How did it feel to be the listener?</p> <p>Synthesis:</p> <p>Meaningful relationships form when we are willing to share and listen to every voice in the room. As we move into deeper conversation, let's remember to listen generously and give everyone space to speak.</p>
30 MIN	<b>DEEP REFLECTION QUESTIONS</b>	<p>Every Shared Table is structured around three deep reflection questions: one prompts personal reflection, another invites us to share diverse views and experiences, and the final one encourages us to imagine future possibilities.</p> <ol style="list-style-type: none"> <li>1. How did the neighborhood you grew up in affect your health and wellbeing?</li> <li>2. What kind of medical services do you have in your current neighborhood? What services do you have to leave your neighborhood to find?</li> <li>3. What do you think every neighborhood needs in order for families and individuals to thrive?</li> </ol>

<b>TIME</b>	<b>AGENDA</b>	<b>ACTIVITY</b>
10 MIN	ENDING WELL	<p data-bbox="631 260 906 296">Invite Reflections:</p> <ol data-bbox="667 365 1430 659" style="list-style-type: none"><li data-bbox="667 365 1430 457">1. What about these stories resonated with you or inspired you?</li><li data-bbox="667 468 1430 560">2. What's one new perspective you're taking with you?</li><li data-bbox="667 571 1430 659">3. How can you imagine activating what you learned today in your community?</li></ol> <p data-bbox="631 726 1442 1020">Closing: take a moment of silence or a few deep breaths to help everyone internalize the conversation's significance. Thank everyone for their participation and invite them to keep the conversation going with their families, coworkers, friends, etc.</p>