

The S.O.W. METHOD™ For Community Watch Parties

STRATEGY	OPERATIONS	WELLBEING
Define the Purpose ● Why THIS event, for THIS community, at THIS time? ● Who needs to be in the room? ● What change or connection do you hope to spark? Set Outcomes ● Is the goal awareness, action, healing, or networking? ● How will you measure success? (Stories, RSVPs, pledges, etc.) Frame the Invitation ● Make it feel personal & relevant. ● Name the benefit for your community.	Plan the Logistics ● Venue: In-person/virtual/hybrid? Is it accessible? ● Tech: Is the event stream-ready? What's the backup plan? ● Promotion: Use flyers, emails, group chats, texts, and social media. ● RSVP: Collect attendee info for follow-up. Host with Intention ● Welcome: Set the tone and ground rules. ● Facilitate: Guide conversation, honor all voices. ● Resource Table: Handouts, snacks, support info. Follow Up ● Thank-you notes/emails ● Share resources, next steps, and a recap ● Gather feedback	Create a Welcoming Space ● Culturally affirming, safe, and comfortable. ● Check on accessibility (physical, language, sensory). Support Community Care ● Offer food, water, and breaks. ● Acknowledge emotional content (have support available, if possible). Honor & Celebrate ● Recognize volunteers, partners, and attendees. ● Share photos, stories, and impact. 

Tips For Collective Care At Your Community Watch Party

Centering collective care means tending to the hearts, minds, bodies and energy of everyone in the space. When people feel seen, safe, and supported, the impact goes far beyond the watch party itself.

Begin with Belonging:

- Welcome each person by name if possible.
- Offer a greeting and invite folks to introduce themselves, share a hope for the event, or simply acknowledge their presence.

Normalize Self-Care:

- Encourage people to take breaks, move, or step out if needed.
- Remind: “Your wellbeing matters. Take what you need, leave what you don’t.”

Foster Safe & Brave Spaces:

- Set group agreements: confidentiality, listening without judgment, space for every voice.
- Acknowledge the possibility of sensitive or triggering content—invite folks to care for themselves and each other as needed.

Name Support People:

- Identify facilitators, volunteers, or wellness contacts for those needing extra support.
- Provide info for local mental health or crisis resources if content may be heavy.



Meet Practical Needs:

- Provide food, water, and breaks.
- Consider childcare, transportation, or accessibility for in-person events.
- For virtual: share tech support info, phone-in options, clear instructions.

Lift Up Strengths & Stories:

- Create moments to share wins, wisdom, or gratitude during check-in, in reflection, or at closing.

Culturally Ground the Space:

- Incorporate music, visuals, language, or food that affirms the identities present.
- Invite elders/youth to open or close with a reflection, prayer, or affirmation if appropriate.

End with Connection:

- Offer a way for folks to stay in touch (email list, social app group, next meeting invite).
- Share a closing blessing, affirmation, or “word for the road.”