
Agenda and Objectives

3-Month Booster

1. Welcome
2. Review progress since Session 7
3. Exercise review
4. Practice exercises
5. Group review of key issues
6. Farewells

The main objectives of this session are:

1. To illustrate ways you have applied safety strategies in your daily lives since the end of the program.
2. To review ways of keeping it happening — in particular, the exercises.
3. To review key points from the program and reinforce skills you've learned and put into practice.
4. To practice the exercises you're less sure about.

