

Embracing Community Event Feedback

VVCP Feedback

What did you enjoy about the "Embracing Community" event?

- very amazing
- relaxing, fun, an experience
- arts and crafts
- everything
- Tranquility - vision board
- To relax more and take time for myself
- art work and embracing our community
- the good, coloring, and childcare
- speaker, ice breaker
- the activities provided
- Taking time to enjoy my granddaughter, taking time to enjoy art
- arts & crafts and music
- I colored some flowers
- interaction
- the relaxation
- I enjoyed the camaraderie
- yes
- the meditative feeling and the arts
- The opportunity to connect with people and be around candid individuals

How can we improve future VVCP events or workshops?

- keep going!
- knock what takes longer out first!
- more time
- longer time frame
- I don't think it need improvement, love the workshops
- keep doing workshop and events
- it would be nice to have this event till 7:30
- more notice before meeting
- provide more time to finish art
- more time for activities
- plan more workshops
- yes next time can we form or picture
- massages/stress relief, job fairs
- maybe focus on 1 self care strategy and then list and talk about others instead of doing a whole bunch of short ones



What topics would you be interested in for future VVCP events and workshops? Please circle top 3.

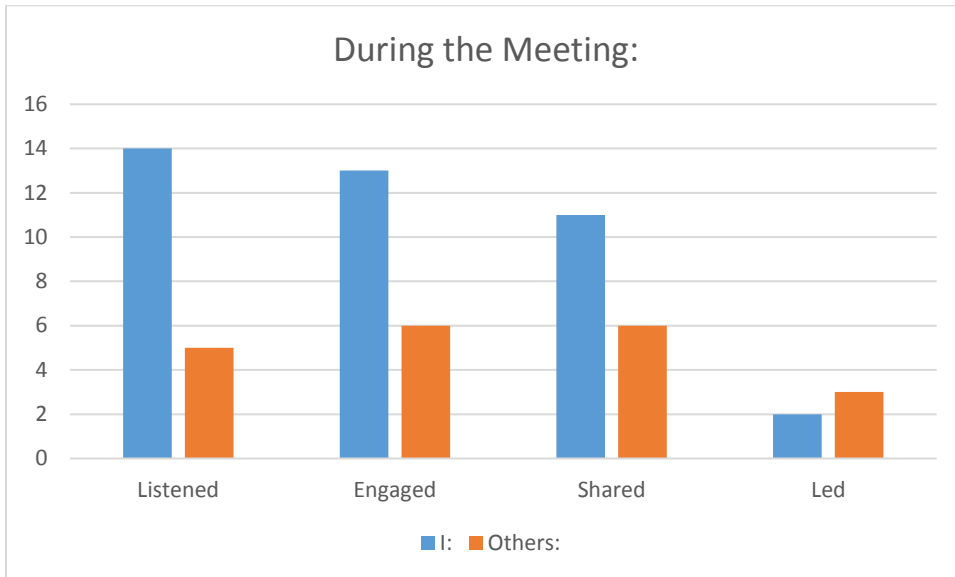
Topics	Votes
Arts and crafts	15
Mental health and self-care practices (yoga, massages, essential oils)	12
Relationships	9
Emergency Preparedness	8
Financial Planning (e.g. budgeting, retirement, bills)	6
Violence Prevention/Awareness	4
Immigration/Know Your rights	3
Women's ages 30+ health and sex education (e.g. menopause, HIV)	3
Re-entry support for children and families	1
Ideas not listed! → Love, helpfulness, and keeping it real	1

Any other comments/suggestions?

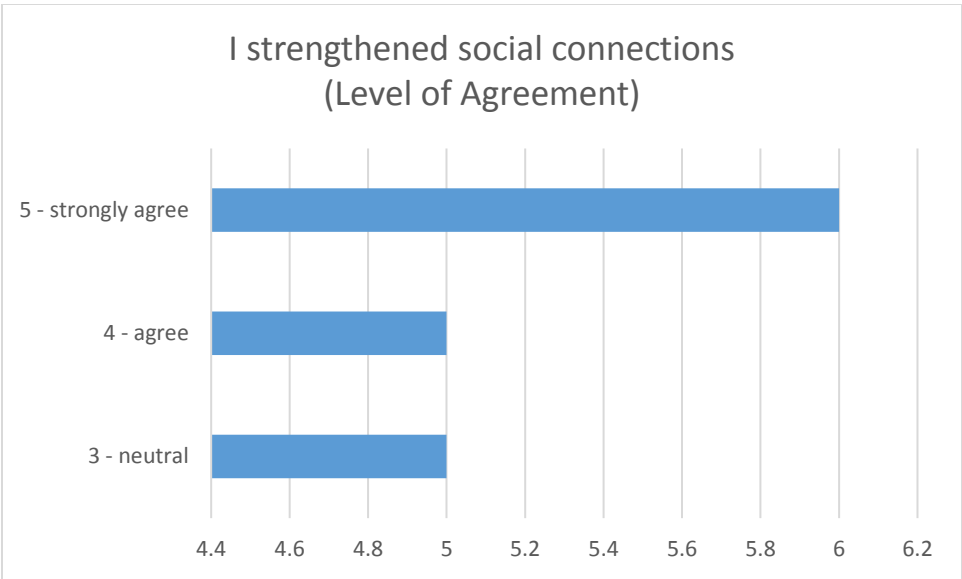
- great job! :)
- more refreshments/herbal water
- leader was on point
- rock painting (i.e. kindness rocks)
- no
- class could be a bit longer

Villager Feedback

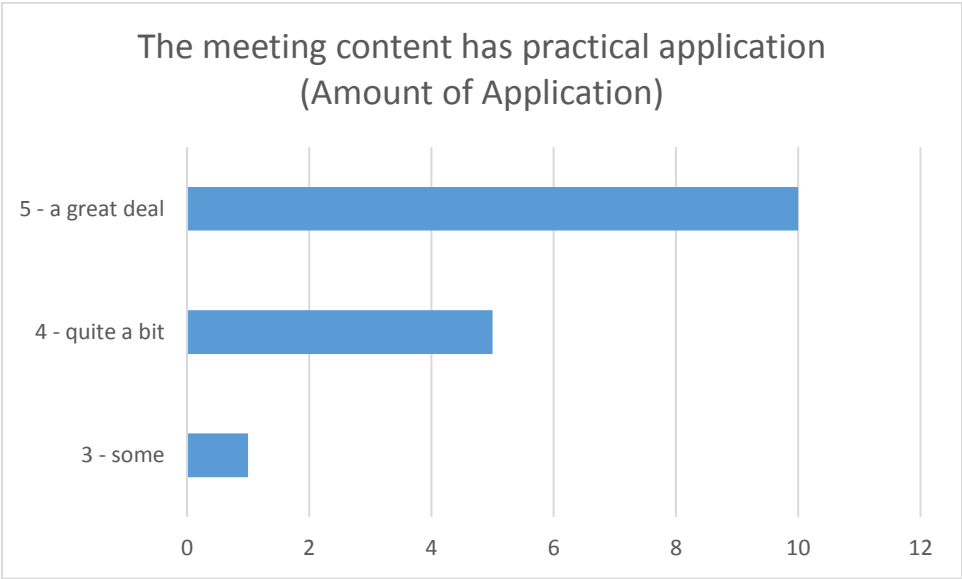
Completion Rate	
Number of Participants	22
Completed Villager Feedback Forms	18
Completion Rate %	81.82



During the meeting,	I:	Others:
Listened	14 (78%)	5 (28%)
Engaged	13 (72%)	6 (33%)
Shared	11 (61%)	6 (33%)
Led	2 (11%)	3 (17%)

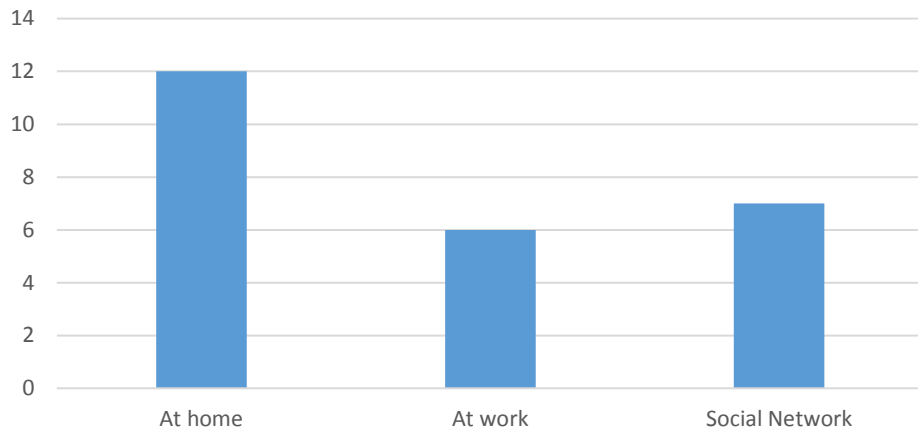


I strengthened social connections (Level of Agreement)	Frequency
1 - strongly disagree	
2 - disagree	
3 - neutral	5
4 - agree	5
5 - strongly agree	6



The meeting content has practical application (Amount of Application)	Frequency
1 - none	
2 - a little	
3 - some	1
4 - quite a bit	5
5 - a great deal	10

In what ways would you act on or apply the information?



In what ways would you act on or apply the information?	Frequency
At home	12 (67%)
At work	6 (33%)
Social Network	7 (39%)