

Science of Hope Community of Practice

SEPTEMBER 2025

Strengthening Agency

Building Motivation and Hope

Last month, we explored the continuum of hope and how trauma and adversity can affect people's ability to set goals and move forward.

This month, we'll take the next step in the Science of Hope framework by focusing on building agency and sustaining motivation. Families who have experienced trauma often struggle to feel a sense of control or the willpower to pursue their goals.

Together, we'll consider how providers can help strengthen agency, keep motivation alive, and foster hope in the communities we serve.

We'll once again use a Conversation Café format to connect in small groups, share stories, discuss challenges, and identify practical actions we can take.

👉 This session continues the conversation we began in August, but you do not need to have attended last month to join us. Everyone is welcome.



**Wednesday,
September 9, 2025**

12-1 PM



**CLICK HERE
to register**

For More Information

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Website:

[FYJP Science of Hope](https://www.fyjp.org/science-of-hope)