



Mother's Group Meeting Process

The group meeting process embraces the philosophy of creating an environment of respect and trust for experiential learning involving positive emotions and positive meaning-making messages to develop friendships for the sake of the baby.

Event	Type of Group	Time – 2 Hours, 15 Minutes
Welcome	Everyone	5 min
Choices Activity	Small Group	20 min.
Updates and Hello	Everyone	10 min
Sharing of Choices	Pairs	10 min
Relaxation or Movement	Everyone in Large Group or in Pairs	20 min
Case Scenario	Small Group	30 min
Snack and Lottery	Everyone	30 min
Closing – Music or Group Activity	Everyone	10 min