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Activity Card 7

Parent Peer Support Group

Purpose

To create opportunities for parents to learn from and support one another.

Objectives: Share experiences, build networks, and reduce feelings of isolation.

Preparation: Invite parents, select facilitator, and prepare discussion topics.

Materials: Discussion prompts and refreshments (optional).

Steps

1. Introductions.
2. Guided discussion.
3. Sharing experiences.
4. Summary.

Tips: Ensure confidentiality, encourage equal participation, and keep discussions solution-focused.

Expected Outcomes: Stronger parent networks, increased confidence, and ongoing peer support.