TYPICAL ADULT GROUP SCHEDULE

11:15-11:30 [15 Minutes]
  • Welcome
  • Facilitator introductions,
  • Ground rules & guidelines for virtual meetings
  • Announcements

11:30 – 11:45 [15 Minutes]
  • Participant introductions
    • Names
    • Pronouns
    • Who are you here supporting today?)

11:45 – 12:30 [45 Minutes]
  • Support group discussion period
  • Depending on group size we may split into several groups to facilitate discussion

12:30 – 1:00 [15 Minutes]
  • Closing discussion