

KEY MOMENT 1

Spread the word about your meetup



IMPLEMENTER'S
PLANNER



CUSTOM INVITE

KEY MOMENT 2

Setup and run a friendly health meetup



FACILITATION
GUIDE
YOU ARE HERE



MEETUP
PRESENTATION



CONCERN
CARDS

KEY MOMENT 3

Setup and run a friendly health meetup



FOLLOW UP
SUGGESTIONS



CELEBRATE AND
IMPROVE



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WHAT IS THE FACILITATION GUIDE?

This **Make Your Own Meetup Tool** is a guide to create your own future health meetup on a topic of your choice.

This presentation is part of **Mothers x Mothers**, a toolkit to organize and run community health meetup for refugee and migrant mothers to connect with each other and address key health issues facing their families.

WHAT YOU'LL FIND HERE

Alternative activities for every section of the presentation that you can use to create a health meetup on a relevant health topic for your community.

HOW TO USE THE FACILITATION GUIDE

You can also use this tool to create alternative activities and to plan a future health meetup on a health topic that is relevant to your community.

1. ADD YOUR PHOTO
Replace this photo with yours.

HELLO

ADD YOUR PHOTO

NAME OF THE FACILITATOR
NAME
ADD NAME AND INFO HERE

ORGANIZATION OF FACILITATOR

NAME OF THE ORGANIZATION

Welcome mothers. Thanks for taking time to join this session. Life as a mother is difficult as it is, and navigating the US health system can be complex and overwhelming.

EVERY MOTHERS x MOTHERS MEETUP AIMS TO BE

- A time for you to take a break from your lives, because you deserve it.
- A time to connect with mothers just like you and share your concerns in a safe environment.
- A time to get reliable health information from mothers just like you.

PRO TIP: Try zooming out to see pink boxes on the sides of the slides that include customization instructions for the following slides.

MAKE YOUR OWN MEETUP

THINGS TO DO FOR THE NEXT WORKSHOP

HOW TO CREATE A MEETUP

Want to host a meetup on a different health topic? Every meetup consists of 5 key moments.

1 We'll talk through the goal of each moment.

2 Next, you'll see a couple of alternative activities that accomplish the goals of each moment.

3 Choose from the alternatives provided or create your own!

EVERY GATHERING MUST HAVE



1 GET TO KNOW YOU

This moment is all about breaking the ice.



2 ESTABLISH GROUND RULES

Creating safe and brave spaces requires shared agreements.



3 BREAK

Some time for informal conversations and connections.



4 HEALTH TOPIC DISCUSSION

Moms share experiences and learn about a specific, relevant, health topic.



5 ASPIRATIONAL CLOSING

We celebrate the wisdom moms already have to end on a note that is mutually affirming.

1. GET TO KNOW YOU



GOAL: The goal of this moment is to invite people to make the shift from stranger in a new setting to members of a community in formation. We want to avoid the traditional sharing of names and titles and instead create activities that celebrate the work mothers are doing to care for their families in a new country.

TONE: This moment should be a mixture of joy, laughter and vulnerability.

LENGTH: 10 minutes or less.

POSSIBLE ACTIVITIES

CHOOSE FROM BELOW OR CREATE YOUR OWN ACTIVITY

PARTICIPANT BINGO

What: Each woman has a card with descriptors (e.g. “has twins”). She has to walk around the room until she finds women that fit all the descriptors on her bingo card.

How to do this:

1. Create bingo cards with different descriptors that likely apply to women in the room. (e.g. “has twins” or “speaks 3 languages”).
2. Each mom should have a card and start talking to other moms.
3. Moms can sign the bingo card when a spot applies to them. So if a mom has twins, she can sign that spot with her name.
4. The first mom to get signatures for all of the spots wins.

THIS OR THAT

What: Break the ice by presenting participants with two opposites (e.g. sugar and salt) and asking them to physically stand up and move to the side of the room that represents their opinion.

How to do this:

1. Create a list of opposites.
2. Share one set of opposites with the participants. Identify what side of the room represents which opposite.
3. Ask participants to move to the side of the room that represents their opinion.
4. Ask participants to explain why they stand where they stand.
5. See slides for more detail.

SUPERHERO MOVIE POSTERS

What: Moms work in groups of 2 or 3 to act out a movie poster that celebrates their work as moms. They share their poster with the broader group.

How to do this:

1. Assign moms into groups of 2 or 3 people.
2. Ask groups to come up with the title of their superhero mom movie.
3. Ask groups to find their superhero pose that will appear on the poster for their movie.
4. Go around the room asking groups to show their pose and share the title of their movie. Ask groups to explain why they chose particular titles to celebrate their work as moms.

2. ESTABLISH GROUND RULES



GOAL: The goal of this moment is to create safe and brave spaces for participants to be able to share their own experiences and raise genuine questions. This is an essential trust building moment.

tone: This moment should feel vulnerable, genuine, welcoming.

length: 15-25 minutes.

POSSIBLE ACTIVITIES

CHOOSE FROM BELOW OR CREATE YOUR OWN ACTIVITY

FACE POWER DYNAMICS

What: Open up space for participants to name and acknowledge the power dynamics present in the room

How to do this:

1. Introduce the concept of power dynamics.
2. Name power dynamics that might be present (e.g. between those with more or less comfort with English) and ask participants to add. Create a list.
3. Ask participants how these dynamics might prevent them from speaking honestly during the meetup.
4. Ask participants to volunteer ideas or commitments to encourage honest participation.

AGREEMENTS

What: Ask participants to establish shared ground rules that help them build trust in each other.

How to do this:

1. Create a set of sample agreements.
2. Go through each agreement. Ask participants to rewrite and to add agreements they want to hold each other to.
3. Ask participants to commit to the agreements for the duration of the meetup. You can always edit or add additional agreements before the next meetup.
4. See slides for more detail.

MAGIC WAND

What: Ask participants to envision they have a magic wand, and describe what the ideal setting for this session.

How to do this:

1. Introduce the idea that participants have a magic wand - the power to create!
2. Ask participants to imagine that with this wand, they can create the ideal setting for this meetup.
3. Give a few examples, "With my magic wand, I would create a space where I don't feel judged.." etc.
4. Give participants a few minutes to think, and then ask everyone to share one-by-one. Write down ideas on a whiteboard or large piece of paper.

3. BREAK



GOAL: The goal of this moment is to create some informal, unstructured time for mothers to build deeper connections.

tone: This moment should feel relaxing, casual, and nourishing.

length: 15 minutes or less.

POSSIBLE ACTIVITIES

CHOOSE FROM BELOW OR CREATE YOUR OWN ACTIVITY

INFORMAL CONVOS

What: If you get a sense that participants are getting antsy and need a break, feel free to make the break and unstructured time for women to relax and share food.

How to do this:

1. Let women know that there will be a 15 minute break. Remind everyone of social distancing measures.
2. Be sure to take some time to yourself to recharge.

DISCUSSION PROMPTS

What: Group moms into pairs and share with them a number of prompts that they can discuss one-on-one during the break.

How to do this:

1. Ahead of the meetup, create a set of discussion questions participants can ask each other around motherhood. See slides for an example.
2. Before the break, place moms into pairs and introduce the discussion prompts.
3. During the break, ask moms to discuss the discussion prompts in pairs.
4. After the break invite moms to share a summary of what came up in their discussion.

BUDDY SYSTEM

What: Moms are paired as official 'buddies' that continue to check in with each other and support each other between meetups.

How to do this:

1. Ahead of the meetup, assign participants into buddies. Pair people who don't know each other well beforehand.
2. Before the break, introduce the concept of buddies. Buddies take special care to check in and support each other between meetups.
3. During the break, ask women to sit with their buddies, get to know each other, and establish methods and cadences for checking in with each other after the meetup.

4. HEALTH TOPIC DISCUSSION



GOAL: This is the core of the meetup. The goal is to create a space for mothers to share their experiences, address genuine concerns, and gain valuable information to make health decisions.

tone: This moment should feel informative, vulnerable, genuine. Above all, it should not feel preachy or pushy.

length: 30-45 minutes or less.

POSSIBLE ACTIVITIES

CHOOSE FROM BELOW OR CREATE YOUR OWN ACTIVITY

EXPERT + CONFESSION BOX

What: Ask moms to capture their most pressing questions anonymously. Invite an expert in the health topic to address questions and lead a discussion with moms.

How to do this:

1. Ahead of the meetup, ask moms to capture their most pressing questions anonymously either in writing or via voice note.
2. Ahead of the meetup sort through questions and create a prioritized list. Share this with the health expert.
3. During the meetup, ask the expert to address each question.
4. Open up a discussion with participants.

CONCERN CARDS

What: Display a set of common questions as well as questions participants might be embarrassed to ask to be upvoted and discussed as a group.

How to do this:

1. [Look here](#) for instructions to create your own cards.
2. During the meetup, display the cards for women to see. Ask participants to vote for their biggest questions.
3. Read out the answer and facts to each questions. Ask participants to react to the discussion question included in each card.
4. Aim to go over at least 4-5 cards in one meetup.

ASK ME ANYTHING

What: Moms who have experience with the health topic share their own experiences. Participants are invited to 'ask them anything.'

How to do this:

1. Ahead of the meetup, recruit 1-3 moms who have experience with the health topic. Look for volunteers who have taken medically-recommended decisions.
2. During the meetup, begin by asking volunteers to introduce themselves, share their experiences and specifically to summarize the rationale behind key decisions.
3. Open up the discussion to questions from the group.

5. ASPIRATIONAL CLOSING



GOAL: End the meetup on an optimistic note that leaves participants excited to join the next session.

TONE: This moment should feel optimistic, celebratory, and aspirational

LENGTH: 10 minutes or less.

POSSIBLE ACTIVITIES

CHOOSE FROM BELOW OR CREATE YOUR OWN ACTIVITY

FUTURE VISIONING

What: Prompt participants to articulate a vision of a desirable future.

How to do this:

1. Ahead of the meetup, create 1-3 prompts that mothers can reflect around to create their vision for the future. For instance, ask participants to envision what it looks like for them to thrive in the next six months.
2. During the meetup, ask mothers to capture their visions for the future in writing or share those visions out loud in pairs.

MUTUAL ADVICE

What: Participants are asked to give other moms advice. In so doing, we acknowledge and celebrate the collective wisdom already in the room.

How to do this:

1. Ahead of the meetup create 1-2 prompts.
2. During the meetup, ask moms to respond to the prompts and give other moms advice about what to do in difficult moments.
3. Ask moms to share their advice either in writing or out loud with the rest of the group.

LET IT GO

What: Participants are prompted to identify one source of stress that they want to let go of.

How to do this:

1. Give participants a piece of paper to individually draw or write something that is no longer serving them. This can be stress related to the health topic discussed, for instance.
2. Collect responses into a pile that the group can destroy by stomping on with their feet, or shredding with their hands.
3. Celebrate the collective letting go by creating space to welcome something positive in. Ask 1-2 participants to share what their making space for.