

MOTHERS MIND STAFFORDSHIRE

Phase 1

Understand the needs and implement a self driven plan Phase 2

Engage in 16 week therapeutic programme Phase 3

Build and maintain knowledge and support network



Initial Evaluation with a volunteer.

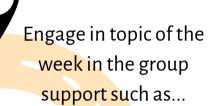


Agree the service that is needed. Provide an estimate timeline.



Added to the closed Facebook page for peer support.

Start the therapeutic programme - up to 16 weeks



Stigma Communication Relationships **Breaking Cycles** Depression Anxiety

Self Care



*if needed. Whether this is biweekly or monthly.

Start adding techniques to be able to self help.





Graduation: Officially leave the Thursday support group with a small celebration.



Come off closed facebook page.

Transition to Monday / Wednesday support group