**PEER SUPPORT GROUP PLAN**

Fill in this plan for a peer support group season and send it to the trainer at least two days before the planning meeting/call. You must plan at least six meetings. You can plan a real group that you will start hosting or an imaginary group. Write or **bold** your answers.

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**1. Name of the group:**

Choose a positive and inviting name.

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**2. Beneficiaries:**

Who can come to the group? Which different things do the participants have in common?   
 A mere immigrant background or common language is usually not enough.

**3. Form of the group:** a) Peer support group b) Peer group c) Activity peer group

What do the participants need the most: a) open discussions, b) a group to belong to or information or c) activities?

**4. Entering the group:** a) Open b) Closing c) Closed

Are new participants welcomed a) all the time, b) only during the first meetings or c) are all participants chosen before or during the first meeting?

**5. Participants are interviewed beforehand:** Yes | No

Finnish Refugee Council recommends interviewing all participants before the group starts. Thus, the peer supporters and participants get to know each other and evaluating the group becomes easier.

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**6. Objectives for the group season:**

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Write the objectives in a way that describes the change happening in the participants. The objectives can reflect the growth of self-knowledge, self-confidence, understanding, skills and social networks and actions and behaviors. Remember to be realistic!

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**7. Desired number of participants:** **8. Language:**

A recommendable size of a group is 6–12 persons. Choose the language according to the participants’ language skills.

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**9. Name(s) of the peer supporter(s):**

Who is/are hosting the group?

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**10. Meeting place:**

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Where are the meetings held? Choose a place that is easy to reach.

**11. Day of the week and time:**

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On which day of the week does the group meet and at what time?

**12. The first meeting and frequency:**

On which date is the 1st meeting and how often are the meetings held?

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**13. Responsible employee & their contact info:**

Who supports the peer supporter and gives an introduction? If you don’t have an organization behind you, leave this empty.

**Program**

Fill in every meeting’s theme and objective. If you will use some exercises or you will invite an expert guest, fill in them on their own rows.

**1. Theme:**

Objective:  
Exercises:  
  
**2. Theme:**   
Objective:  
Expert guest:  
Exercises:

**3. Theme:**   
Objective:  
Expert guest:  
Exercises:  
  
**4. Theme:**

Objective:  
Expert guest:  
Exercises:  
  
**5. Theme:**   
Objective:  
Expert guest:  
Exercises:  
  
**6. Theme:**   
Objective:  
Expert guest:  
Exercises:  
  
**7. Theme:**   
Objective:  
Expert guest:  
Exercises:

**8. Theme:**   
Objective:  
Expert guest:  
Exercises:  
  
**9. Theme:**   
Objective:  
Expert guest:  
Exercises:  
  
**10. Theme:**   
Objective:  
Exercises:  
  
Mark with an X, which evaluation methods you will use.

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|  | Interviews before and/or after the group season |
|  | Survey before and after the group season |
|  | List of participants with their contact information |
|  | Observation |
|  | Exercises |
|  | Discussions with pair |
|  | Feedback form |
|  | Evaluation with the organization |
|  | Some other, which one(s)? |