



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