



**Radiance**

# Radiance Network Support Group

## Aim of the group

The Radiance Support Group was formed to provide a safe and supportive space for mums with post-natal anxiety or depression or those finding the emotional adjustment to motherhood difficult, to **connect** with others going through the same things. The group gives you the opportunity to talk through how you are feeling and thinking with other who understand and be listened to in a non-judgemental way.

We hope that through coming to the group you will feel less alone and isolated, and perhaps develop **new ways to cope** with the challenges that motherhood brings as you share experiences with others who understand how lonely and overwhelming the journey can be. The group facilitators can also help you to access services that may be available to support your specific needs, as well as provide an ear or a shoulder, or make you a much-needed cuppa.

We know that it can be intimidating coming to a group when you are not feeling your best and we are here to make the group environment as friendly and welcoming as possible. The group is relaxed and not structured, though it is overseen by facilitators so that the balance of being **welcoming and supportive** is maintained. It gives you the chance to chat, drink tea, meet new people going through a similar experience, and enjoy time with your little ones. Our overriding aim is that families attending the group gain a sense of reassurance by knowing that they are not alone in their experience. In order to maintain this, we ask that anyone within the group environment upholds the values of:

*respect support kindness empathy*



## Group guidelines

- Please try not to judge. We all parent in our own style and own way.
- This group will remain confidential to create a safe environment. However, if we feel that you are at risk of yourself or your baby, we will work with you to protect you and your baby.
- Tears are okay and are part of healing.
- Share as much or as little of your journey as you are comfortable with.
- Please leave phones in bag at group. We understand you might need to take a call. However, you are here to connect.
- Be mindful of language and respectful of self and others in the group.
- Check your feelings before you leave.
- When in the sharing circle, keep topics on track with perinatal mental health matters.
- No giving advice.
- If you are triggered or overwhelmed, you are always free to leave the room and we will check in on you.

If you need extra support, please talk to the facilitators. To ensure that group remains a safe and supportive space, we will accept a maximum of 12 mums. Therefore, registration is required so that the facilitators can determine if the group is suitable for you.

At the end of each term the facilitators will review the needs of group members and may work with you to transition you into another playgroup to make room for mums who may be at the beginning of their journey and need the group more.

