



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

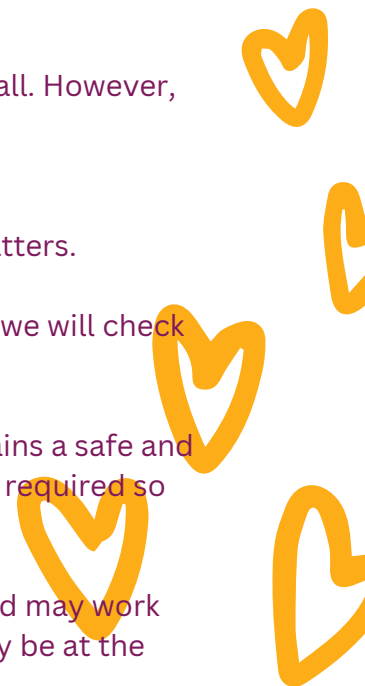


Group guidelines

- 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.





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Program design

Radiance Support Groups are shaped by the needs of the mums and babies attending. Through experience, we know these needs vary across locations and change from term to term as new families join. Even seasonal factors can influence the topics that are most relevant for mums at a given time.

The groups aim to:

- Help mums build resilience and strengthen their emotional wellbeing.
- Support mums in developing a nurturing relationship with their baby during the early months of parenthood.
- Create opportunities for mums to form new friendships in a welcoming, relaxed and non-judgemental environment.

Facilitators and volunteers hold weekly debriefs to reflect on emerging needs and interests raised by mums in the groups. Facilitators also regularly check in with participants to ensure discussions and activities remain responsive to what is most meaningful for them at that time.

Topics commonly explored include:

- Relationships with partners, family and friends
- Joy, self-care and healthy boundaries
- Healthy and unhelpful habits – physically and emotionally
- Mum and baby sleep and settling
- Emotional regulation and self-compassion
- Substance use and wellbeing
- Confidence in parenting and strengthening the bond with baby
- Connection to community, including loneliness and isolation

Where helpful, guest speakers are invited to share knowledge and practical strategies. Previous guest speakers have included:

- Waratah – healthy relationships
- Anglicare – parenting support, financial wellbeing and housing/homelessness services
- Nutritionists and dietitians – cooking and healthy habits
- Counsellors, mentors and life coaches – self-care and personal wellbeing
- Child Health Nurses – infant and child wellbeing
- First Aid providers – infant and child first aid



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Timetable example

Weekly, 1.5 hours, during school term

9.30am

- Mums and babies **settle into circle**
- Tea/coffee offered by volunteers
- Forms are completed (as required)

9.45am

- Facilitators **welcome** all mums and babies into group
- Group guidelines are read and discussed

10.00am

- **Sharing circle** - mums are invited to discuss one struggle and one thing they're proud of for the week (voluntary).
- Alternatively, a **guest speaker** might run a session (based on feedback received from mums)

11.00am

- **Morning tea** break and upcoming events are discussed
- **One-on-one sessions** are offered to mums if needed

11.00am

- Mums and babies leave
- Ongoing support offered if needed (advocacy, referrals)

11.30am

- **Debrief** between facilitators and volunteers
- Notes made (where required)

