



the
Self
Help
Connection

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Tips for Self-Help Group Leaders: Table of Contents

ACKNOWLEDGEMENTS

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- ♀ Planning Childcare and Transportation
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- ♀ Building Trust Within the Group

SETTING UP THE GROUP

- ♀ Defining the Purpose and Goals
- ♀ Deciding on Structure
- ♀ Establishing Guidelines
- ♀ Conducting the Meeting
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- ♀ Planning Activities and Projects
- ♀ Incorporating Your Group

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- ♀ Balancing the Needs of Members
- ♀ Encouraging Participation and Leadership
- ♀ Developing Leadership Skills
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APPENDICES

1. Leadership Material Available at The Self-Help Connection
2. Glossary of Self-Help Group Terms
3. Learning opportunities for groups
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