

Rural Reach Out - Supporting Groups

Maryborough Workshop

Presented by Collective of Self Help Groups

Date: 17th of March 2021

Time: 11:00am to 3:00pm

Registration: 10:45am

Venue: The Community Hub (Accessible Venue), 48 Burns Street, Maryborough, VIC

Cost: Free. Please register by Friday 12th of March 2021

Refreshments Provided

Collective of Self Help Groups (COSHG) has over 40 years of knowledge and experience in supporting groups.

This workshop seeks to assist groups with issues they can face including group dynamics, dominance, group communication and surviving and thriving.

Presenters: COSHG Community Development Workers Christine McAuslan, Jeff Coley and Jessy Scott will look at:

What are self help and support groups?

What are the benefits of being in a group with those who have similar experiences?

Setting up a new group and maintaining an existing one?

Sharing your experience and knowledge

Bookkeeping basics for groups

Please advise when registering if you have a specific topic you would like covered.

COSHG acknowledges the support of the Victorian Government Department of Health and Human Services (DHHS).

To register phone (03) 9650 2005 or email info@coshg.org.au

Please contact us if you have any dietary or other special needs.



Collective of Self Help Groups (COSHG)

Maryborough Workshop 17th March 2021

Program

10.45am Registration

11.00am Acknowledgement of Country, Introductions and About COSHG.

11.30am Session One - Staying Connected

In this session we will explore with participants if and how their group has stayed connected through COVID lockdown periods when members are unable to meet together in person.

12.30pm Lunch (provided) break

1.00pm Session Two - Groups Surviving and Thriving

In this session we will cover for example: ground rules, group dynamics and cohesion, running groups and sharing responsibilities, skills and knowledge. We will be guided by participants as to any areas they would particularly like covered in discussions.

3.00pm Close

