



Peer Support Group Session Planner

A simple facilitator tool for caregiver peer-support sessions. Peer support is not therapy, legal advice or crisis response. Make the purpose, privacy expectations and referral limits clear.

Date / location

Facilitator(s)

Topic / theme

Expected group size

Opening

- ☐ Welcome and reminder of group purpose.
- ☐ Confidentiality / privacy expectation explained, including its limits.
- ☐ Participants reminded not to share identifying details about other families outside the group.
- ☐ Crisis, legal and clinical issues will be referred rather than handled as peer advice.

Discussion

Opening question

Practical resource to share

Discussion prompt

Closing reflection



Peer Support Session: Facilitator Notes

What participants said was useful

Themes that may need a future resource or guest speaker

Follow-up / referrals

Facilitator check

- ☐ No participant was pressured to tell a private family story.
- ☐ Advice stayed within peer-support boundaries.
- ☐ Any safety concern was directed to the appropriate reporting / emergency route.
- ☐ Feedback was captured without naming children or families.