

# **ECA + PEACE, Inc. Thriving Moms Group – 12 Week Outline**

**Project Lead: Denita Jones, Faciliator**

## **Week 1: Introductions & Expectations**

- Focus: Icebreakers and sharing what moms hope to gain
- Activity: Introductions; “What I Want From This Group” discussion
- Small Activity: *One Word Check-In* – each mom says one word that describes how she’s feeling today
- Take-Home: Mini notebook, inspirational quote card, or small self-care item

## **Week 2: ECA & Child Development**

- Focus: ECA programs, milestones, screenings, resources
- Activity: Presentation + discussion with handouts
- Small Activity: *Parenting Tip Share* – moms share one parenting tip or trick
- Take-Home: Resource folder, milestone tracker, developmental flashcards

## **Week 3: Self-Care & Meditation**

- Focus: Mindfulness and self-care practices
- Activity: Guided meditation, chair yoga/stretching, journaling
- Small Activity: *Self-Care Bingo* – moms check off small self-care tasks
- Take-Home: Mini candle, essential oil roller, gratitude journal

## **Week 4: Stress Relief Hacks for Busy Moms**

- Focus: Managing everyday stress
- Activity: Create a “Stress Toolkit”; group sharing
- Small Activity: *Stress Ball Toss* – share one stress reliever when catching the ball
- Take-Home: Stress ball, mini lotion, breathing guide

## **Week 5: Vision Boards for 2026 Goals**

- Focus: Personal, family, and financial goals
- Activity: Create vision boards with magazines/printouts/drawings
- Small Activity: *Goal Pair Share* – each mom shares one short-term and one long-term goal
- Take-Home: Vision board supplies, notebook, motivational stickers/affirmations

## **Week 6: Meal Prep & Grocery Budgeting – Theme Nights Twist**

- Focus: Affordable, simple meal planning

- Activity: Introduce “Theme Nights”; brainstorm family meals + budget planning
- Small Activity: *Meal Swap* – share one quick go-to meal idea
- Take-Home: Recipe cards/box, silicone snack bags, grocery checklist, measuring cups/spoons, “Dinner Inspiration” cards

### **Week 7: Budgeting Support Continued**

- Focus: Review successes/challenges; share tips
- Activity: Group discussion on wins and creative budgeting
- Small Activity: *Budget Brainstorm* – small groups come up with one money-saving tip
- Take-Home: Budget tracker sheets, colorful pens, envelope system

### **Week 8: Goal Setting – Short & Long Term**

- Focus: Planning for personal, family, and financial goals
- Activity: Goal-setting worksheets; track progress
- Small Activity: *Vision Ladder* – write a big goal, break into 3 smaller steps
- Take-Home: Goal tracker planner, sticky notes, colorful pens

### **Week 9: Painting with a Twist – Moms Edition**

- Focus: Relaxation, creativity, self-expression
- Activity: Guided painting or collaborative canvas + gratitude sharing
- Small Activity: *Color Your Mood* – moms paint a color that represents their feelings
- Take-Home: Canvas, paints, framed artwork, optional brush set/apron

### **Week 10: Career & Education Check-In**

- Focus: Exploring school, training, jobs, or side hustles
- Activity: “Dream Job Brainstorm”; discuss resources; share EOC info
- Small Activity: *Skill Spot* – write one skill you have and one you’d like to develop
- Take-Home: Notebook + pen, resource guide, folder for applications

### **Week 11: Reflection & Planning Ahead**

- Focus: Feedback, reflection, and next steps
- Activity: Open discussion; PAC/Parent Ambassador info; group reflection
- Small Activity: *Highlight Reel* – share one win or proud moment from the group
- Take-Home: Small plant, affirmation cards, thank-you bag with self-care item

### **Week 12: Graduation & Celebration**

- Focus: Celebrate growth, consistency, and connections

- Activity: Certificates, memory board/group photo, light refreshments/potluck
- Small Activity: *Memory Jar* – moms add a memory to the group jar (each mom takes a jar home as a keepsake)
- Take-Home: Gift bag (candle, journal, pen set, self-care bundle), memory card/photo, certificate