

# Minutes Writing for Self Help Group

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## Meeting Details

- **Group Name:** Sunshine Self-Help Group
- **Date:** October 5, 2024
- **Time:** 6:00 PM – 7:30 PM
- **Location:** Community Center Room #4
- **Attendees:** Sarah Jennings (Facilitator), Michael Roberts, Lisa Chang, Emily Carson, Alex Green
- **Absent:** None

## Call to Order

- **Opening:** The meeting was formally opened at 6:05 PM by Sarah Jennings, the group facilitator.

## Welcome and Introductions

- Sarah welcomed all members and thanked them for their presence.
- Each member introduced themselves and shared a brief personal update since the last meeting.

## Review of Last Meeting's Action Items

- **Recap:** Sarah provided a summary of the action items from the previous meeting, including progress on personal goals and commitments.
- **Updates:** Members shared updates on their progress, challenges faced, and successes achieved.

## Discussion Topic: Managing Stress

- **Presentation:** Emily Carson presented on the topic of managing stress, including techniques such as mindfulness, exercise, and time management.
- **Group Discussion:** Members discussed their own experiences with stress and shared personal strategies that have worked for them. The conversation highlighted the importance of self-care and seeking support when needed.

## New Business

- **Upcoming Community Event:** Lisa Chang informed the group about a local community wellness event happening next month and suggested attending as a group.
- **New Resource Sharing:** Members agreed to start a resource sharing initiative where they can share books, articles, and other helpful materials related to self-help and personal growth.

## Action Items

- **Attend Community Wellness Event:** All members agreed to participate in the upcoming event. Lisa Chang volunteered to gather event details and coordinate logistics.
- **Resource Sharing Initiative:** Michael Roberts volunteered to create an online document for members to list and share resources.

## Check-Out and Closing

- **Member Reflections:** Each member shared one positive takeaway from the meeting or something they are looking forward to.
- **Closing:** Sarah closed the meeting at 7:25 PM, expressing gratitude to all members for their contributions and reminding them of the next meeting date.

## **Next Meeting**

- **Date and Time:** Scheduled for November 2, 2024, at 6:00 PM in Community Center Room #4.

## **Prepared by:**

- Michael Roberts, Group Member

## **Date:**

- October 6, 2024