MODULE 3 SELFREALISATION



Learning outcomes

- -Their role of mothers in the social context they live in.
- -Their strengths and difficulties in the mothering experience
- -Possibilities and resourcesthey have to overcome their difficulties

Total duration

2-hours of group activitiesface to face or online1-hour self-learning3-hours homework activities

Instructions for facilitators

The facilitator should have competence in facilitating the peer-to-peer exchange among participants and empathic understanding.



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