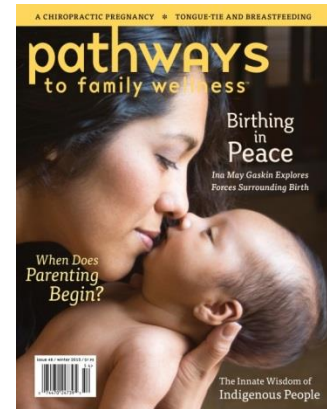


Talking Points & Resources



Hello Pathways Connect Group Participants,

We are excited about our new format for our talking points as they capture a wider audience with broader topics. From group feedback, we discovered that the older, lengthier method of covering topics was a bit overwhelming and lost the essence of open, inclusive discussions for participants. So rather than dissecting each article individually, there are three generalized topics that include discussion from several articles. Our most successful groups keep their sessions broader and allow for a more diverse conversation. There are three broader topics here that allow for three months of group gatherings. All resources and references for each article are still intact.

Another benefit is that it is not necessary for attendees to have read the articles in advance, the conversation will be more experiential. It is however important that you read them prior to your group meetings. Then after each class, you give all attendees a Pathways so they can have the conversation validated by our content. This less formal format opens up for an organic type of sharing where everyone feels they have learned and shared!

To get the momentum open for sharing, consider this: one of our most successful groups encourages conversation by opening their group every month with these questions:

- 1- Tell us a bit about your family.
- 2- What was your greatest family/ parenting challenge this past month?
- 3- What was your greatest family/ parenting success this past month?

This warms up the group to each other and welcomes new participants. This also shows attendees that their voice of experience matters and shifts the energy from a "classroom style" to more of a "community support style." Moms love to share their stories about birth, parenting, education, etc. Encourage this! This is where other attendees get the strength to feel respected and also shift their views in an organic way.

This particular issue has quite a bit about pregnancy and birth. As participants share their experiences and explore new options, your role is to remind them of the principle of chiropractic: Life Expresses Intelligence and gently guide them to deducing from that philosophy. Because natural birthing and chiropractic share so much on a philosophical level, this next quarter should be very fruitful in advancing their understanding of the chiropractic family wellness lifestyle. Enjoy!

Many Blessings,

Jeanne Ohm, DC