



Family of Women Introduction Session Policy

I. PURPOSE

Each cycle all members participating in a Family of Women program shall be required to complete the Introduction Session. This constitutes the minimum requirement for eligibility to participate in a Family of Women program.

II. DEFINITIONS

- A. Buddy:** A buddy is a member who has participated in program for at least one year who is willing to partner, orient, support and be supported by a new member.

- B. Essentials:** Essentials is a condensed program that introduces women to the Family of Women culture, our tenets, and tools. Essentials can be used for new members who join the FOW after the beginning of a cycle. Chapter leaders can collaborate on producing an Essentials program each cycle.

- C. Introduction Session:** The Introduction Session is the “minimum requirement” for participation in a Family of Women program and consists of the information generally discussed during the first program session of a new cycle.

The Introductory Session covers these policies:

1. Program Policy
2. Vision/CPR Foundational Document
3. Program Recommendations

D. Orientation Program: Orientation Program is a program specifically designed for new Family of Women members or members that are returning after an absence. It consists of a series of program sessions that teach the tenets and culture that are the foundation of the Family of Women. This cycle long program further develops the relationships among the women while they are learning to give and receive support

III. POLICIES

A. The elements of the Introduction Session shall be presented in one of the first program sessions at the beginning of each cycle. If a member is not present when the Introduction Session is discussed, she must complete this within 30 days of joining the program.

When a new woman joins the Family of Women mid-cycle and decides to participate in program, the new member shall be required to become familiar with the material in the Introduction Session within 30 days from the date she begins her participation in the program, **or** attend an Essentials program if one is available.

B. The Introduction Session may be presented by the program leader, a designate of the program leader, or another leader chosen by the Chapter Leader.

C. Chapter leaders, working collaboratively with the program leaders, are ultimately responsible for ensuring that all members participating in programs complete the Introduction Session as provided in this policy.

D. The Program Leader or her designate assigns every new member, a Buddy. The Buddy is the new member's advocate and takes responsibility to assist the new member to integrate into the program.

- 1.** The Buddy has regular conversations with the new member, assisting her to understand and adopt our practices about supporting women.
- 2.** The Buddy models receiving support from and for the new member. This can include developing goals and action steps together and giving and receiving support to achieve them.
- 3.** The Buddy models and assists the new member in learning to share the lessons that she has learned in the Family of Women with other women she knows outside the Family of Women.
- 4.** The Buddy works with the program leader to provide a summary of previous Information provided in that cycle to the new member.

Approved by the Family of Women Board
February 1, 2019