



# What to Expect

The purpose of this workbook is to think about how you begin to put time and structure around your network commitment of 3 to 5 hours each month.

**Network Tip:** picking a consistent day and time each month for meetings makes it easier for people to schedule and commit. An example might be hosting your network meeting on the 3rd Tuesday of every month at 7pm.

MONTHLY NETWORK MEETING 1 HOUR	MONTHLY CENTRE FACILITATOR MEETING 1 HOUR	ADDITIONAL NETWORK COMMUNICATION 1 HOUR
<b>When? My preference is...</b>		
Day <input type="text"/> Time <input type="text"/>	Day <input type="text"/> Time <input type="text"/>	Day <input type="text"/> Time <input type="text"/>
<b>How? My preference is...</b>		
In Person <input type="radio"/> By Video <input type="radio"/> I'm Flexible <input type="radio"/>	In Person <input type="radio"/> By Video <input type="radio"/> I'm Flexible <input type="radio"/>	Text/Message <input type="radio"/> Phone <input type="radio"/> Video <input type="radio"/> In Person <input type="radio"/> Other <input type="radio"/>
<b>Where? My preference is...</b>		
Where I Live <input type="radio"/> Public Place <input type="radio"/> Meeting Room <input type="radio"/> Other <input type="radio"/>	Where I Live <input type="radio"/> Public Place <input type="radio"/> Meeting Room <input type="radio"/> Other <input type="radio"/>	Where I Live <input type="radio"/> Public Place <input type="radio"/> Meeting Room <input type="radio"/> Other <input type="radio"/>

## Weight of the Work

A support network will not and can not be involved in every aspect of your life but can play a key role in one or two areas. Think about it. When you have a Facilitator and 6 network members, together they commit to about 16 hours a month. This is time that your network is focusing on your goal!

**You** choose the goal. Your **Facilitator** keeps everyone on track. The **network members** make it happen so that you don't have to.

### Facilitator



3 to 5 hours  
every month

### Centre



3 to 5 hours  
every month

### Volunteer



2 to 3 hours  
every month

Keep this worksheet. Your choices will help you and your facilitator establish healthy boundaries, recruit network members and create a working structure important for your network success.

Don't forget to save this workbook to your personal device or print it so that you can access it any time you want!