

PeMento Cohort Meeting Schedule At-a-Glance

Week	Overview of Program	Meetings
Week 1 (July 12-16)	Getting Started <ul style="list-style-type: none"> Group community call / Cohort Meeting Welcome and kick-off 	<ul style="list-style-type: none"> Cohort Meeting: Monday, July 12, 2021 (12-1 p.m. PDT, 1-2 p.m. MDT, 2-3 p.m. CDT, 3-4 p.m. EDT) Schedule time with yourself to plan and reflect
Week 2 (July 19-23)	Warming Up <ul style="list-style-type: none"> Complete your Balance Worksheet Complete reflection prompts Review Your Plan worksheets; Start thinking about Your Plan 	<ul style="list-style-type: none"> Schedule time with yourself to plan and reflect
Week 3 (July 26-30)	Warming Up <ul style="list-style-type: none"> Do <i>real</i> Introductions Discuss Balance Worksheet Discuss development of Your Plan 	<ul style="list-style-type: none"> Meet with your Small Group Schedule time with yourself to plan and reflect
Week 4 (August 2-6)	Checking In <ul style="list-style-type: none"> Group community call / Cohort Meeting Discuss progress 	<ul style="list-style-type: none"> Cohort Meeting: Monday, August 2, 2021 (11a.m.-12 p.m. PDT, 12-1 p.m. MDT, 1-2 p.m. CDT, 2-3 pm EDT) Schedule time with yourself to plan and reflect
Week 5 (August 9-13)	Moving Forward <ul style="list-style-type: none"> Follow-up discussion of Your Plan, other topics of interest Continue to work on Your Plan Complete reflection prompts 	<ul style="list-style-type: none"> Meet with your Small Group Schedule time with yourself to plan and reflect
Week 6 (August 16-20)	Moving Forward <ul style="list-style-type: none"> Complete Your Plan Set ongoing communication plan with your small group 	<ul style="list-style-type: none"> Schedule time with yourself to plan and reflect
Week 7 (August 23-27)	Finalizing Plans <ul style="list-style-type: none"> Group community call / Cohort Meeting Provide feedback 	<ul style="list-style-type: none"> Cohort Meeting: Monday, August 23, 2021 (12-1 p.m. PDT, 1-2 p.m. MDT, 2-3 p.m. CDT, 3-4 p.m. EDT) Meet with your Small Group Schedule time with yourself to plan and reflect