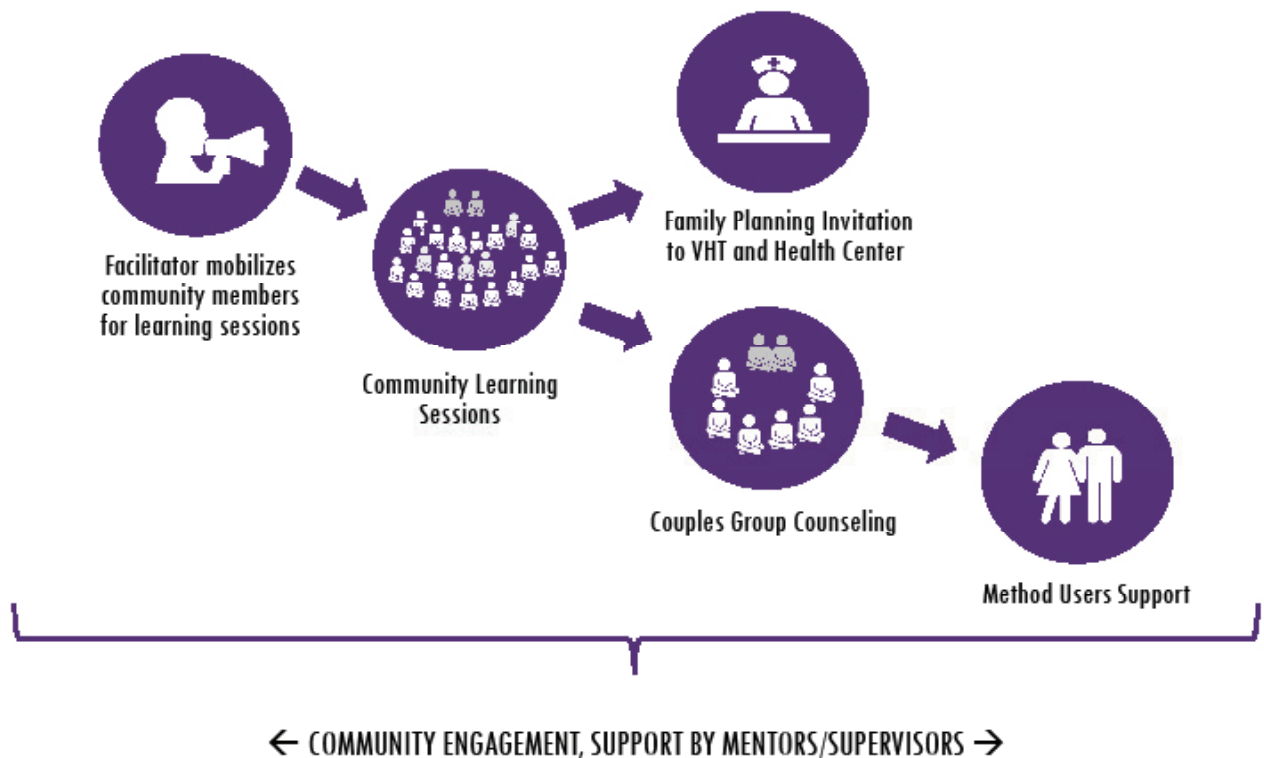


# 5

# Intervention Components

Figure 4. Community Learning and Group Counseling Components



## WHAT IS COMMUNITY LEARNING?

The Community Learning Component involves a trained male-female facilitator pair engaging their community members in reflection, discussion, and information sharing on fertility awareness and family planning topics. These sessions are open to all community members, including those who are not part of the facilitators' group. The trained facilitator pair relies on lesson plans in a guide to deliver the sessions which are supported with job aids used by both facilitator and participants.

The Community Learning sessions are organized around three general topics addressed in brief sessions lasting approximately one and a half hours. Community members are invited to participate in discussion topics that include:

- body literacy and male and female fertility
- healthy timing and spacing of pregnancies
- **family planning, including FAM, and myths and misconceptions**
- **Lactational Amenorrhea Method (LAM)**