

# Empowering Women Through Mothers' Groups

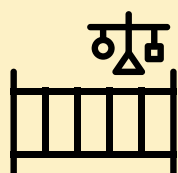
Strengthening Health Systems and Improving Nutrition in Nepal

Mothers' Groups are monthly community meetings led by Female Community Health Volunteers in Banke District, Nepal

In these meetings, women learn & discuss:



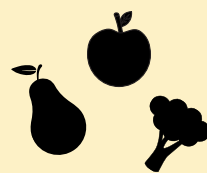
Maternal Health



Newborn Health



Child Health



Nutrition

Over the course of 4 years...

- 132 monthly Mothers' Groups were run
- 4,500+ meetings were held
- Over 50,000 women attended Mothers' Group meetings

Mothers' Groups positively impact womens' lives:

The groups are a source of essential information & support for mothers...



*"Usually in the women's group meetings they discuss breastfeeding, family planning, birth spacing, how to take care of the baby up to 6 months & after 6 months. They give demonstrations on preparing Lito [home-made complementary food]."*  
- Health Worker, Matheiya

*"Before INF, there were no regular MNCH services in the hospital & there were no regular Mothers' Group meetings. When INF came, weekly or monthly meetings started in the community. They support us to run various awareness activities on how to eat, what to eat, where to go for health services & so on."*  
- Locally Recognized Person, Kathkuiya

...as well as a link with the healthcare system

