



In person groups - Pros

- If your kinship child(ren) are school age, you might have time during the school day to meet.
- Meeting in person can help develop close relationships and trust becomes easier for some.
- Some groups meet in spaces where there is free childcare available for an hour, this can work really well for kinship carers with younger children.
- If the group wants to bring in guest speakers or hold training, this can work better in person.



Online groups - Pros

- If you work, meeting online, perhaps after children's bedtimes can allow you to attend.
- Some carers may struggle for health reasons to leave the house, so online groups work well for them.
- If your child(ren) are not yet at school, finding time to meet in person might be tight, so an online group could offer the flexibility you might need.
- Some are more comfortable to meet online rather than in person for the first time. In the comfort of their own home.



In person groups - Cons

- Meeting during the day is often easier. But if you work, this could be hard to juggle.
- Walking through the door of a group, not knowing anyone can be scary. For some, it might be too much and the reason they don't attend.
- Some carers may not be able to leave their house, or have problems accessing transport to get to a group,



Online groups - Cons

- It can be harder to connect with people online. For example, some people might not want to turn on their video.
- Others can find technology challenging or may not have access to a smart phone or computer.
- Finding a quiet and private space at home to join the group might be hard for some kinship carers.