

Support Groups

What is a support group?

- ❖ It is an informal, self-managed, self-help group.
- ❖ It is a place where people feel welcome and accepted.
- ❖ It is a group that offers sources of information and practical suggestions about a health concern
- ❖ It is a group of friends who will listen.
- ❖ The focus of a support group is making the most of what the group has to offer its member at any given time.

What are some essential elements for starting a support group?

- ❖ Hold meetings at a neutral location.
- ❖ Does the meeting place provide essential accommodations for group members?
- ❖ Make name tags for everyone.
- ❖ Arrange chairs for maximum eye contact.
- ❖ Introduce yourself.
- ❖ Put people at ease.
- ❖ Set the rules.
- ❖ Ask everyone to introduce themselves.
- ❖ Set future meeting times and locations.
- ❖ Make a list of topics for future meetings.
- ❖ Complete a roster before everyone leaves.
- ❖ Market the support group.
- ❖ Divide responsibilities.
- ❖ Communicate with potential speakers for the support group.