

FROM WIKIHOW

HOW TO START A SUPPORT GROUP

A black and white photograph of a massive concrete dam. The dam's surface is composed of large, rectangular panels with visible vertical joints. A curved walkway with a metal railing runs along the top of the dam. A small figure of a person stands on this walkway, providing a sense of scale to the enormous structure. The sky is a uniform dark grey.

PART 1

FINDING HELP

1



Look for existing groups.

2



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Ask other groups how they got started.

3



Seek out professional assistance before you start a support group.



PART 2

PLANNING YOUR SUPPORT GROUP

1



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Understand your motivation for starting a support group.

2



Determine the scope of your group.

3



Determine whether your support group will be short-term or long-term.

Determine the scope of your group

4



Consider how often your group should meet.

Curriculum-based
Topic-based
Open forum



5

Determine your group's format.

Determine the scope of your group

6

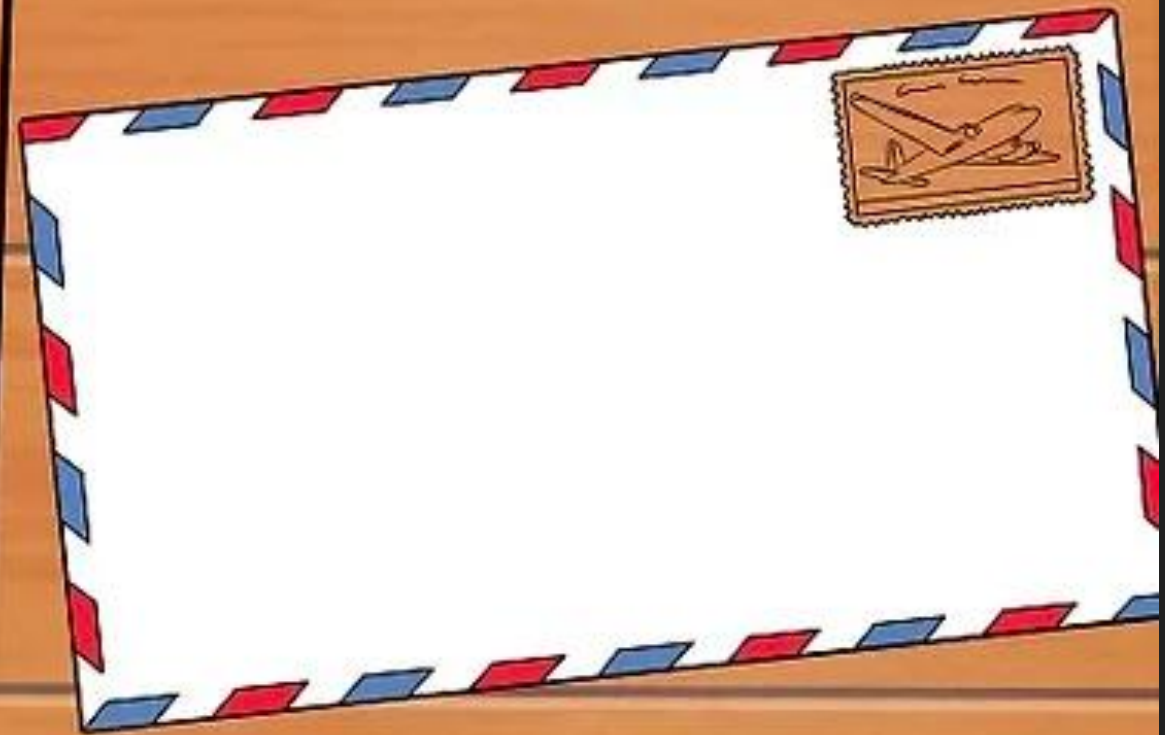


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Find a suitable meeting place and time.

Determine the scope of your group

name: _____
phone number: _____
agenda: _____



Reach out to like-minded people.



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Advertise your support group's meetings in rounds.



PART 3

STARTING YOUR SUPPORT GROUP

1



Run meetings efficiently.

Determine the scope of your group

2



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Draft a mission statement or a statement of purpose.

Determine the scope of your group

3



Share responsibilities and delegate work in the group.

Determine the scope of your group

4



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Choose a name for your group.

Determine the scope of your group

5



Publicize and run your first public meeting.

6



Make plans for the next meeting.

Determine the scope of your group

Sometimes we need someone
to simply be there...

Not to fix anything or do
anything in particular, but
just to let us feel we are
supported and cared about



Life is to be lived. If you have to support yourself, you had bloody well better find some way that is going to be interesting. And you don't do that by sitting around.



Katharine Hepburn



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