



Seeking Support Groups

Questions to ask when seeking support groups:

1. What days and times does the group meet?
2. Is the group ongoing or time limited?
3. What is the make-up of the group?
4. Are there specific topics or is the discussion open-ended?
5. What are the expectations of the group participants?
6. Who is the group leader and what are their credentials?
7. Who is invited to the meetings?