

# Groups: What they are and what they are not



## *What Groups are:*

- An opportunity to share personal experiences
- An opportunity to offer and receive emotional comfort and moral support
- An opportunity to offer and receive suggestions that can help one cope with a situation (help you develop coping skills)
- A place that may enhance self-esteem and confidence

## *Benefits of participating in groups may include:*

- Feeling less lonely, isolated or judged
- Feeling accepted and understood
- Increased social skills
- Increased network of relationships

## *Participant responsibilities:*

- Respect each other
- Support each other
- Allow each other to share opinions/information
- Accept each other's differences

## *Groups are not:*

- A quick fix solution
- Individual counselling
- Not tailored to meet individual needs

## *Things to be aware of when participating in a group:*

- Facilitators cannot control how a participant may respond to open-ended questions. Participants may be exposed to thoughts, feelings, stories, behaviours from other participants that they do not agree with.

*PLEASE NOTE: Group Rules are established in Week 1 of the group. Should a participant NOT be able to adhere to these rules, they may be asked to leave the group.*

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