

Groups/Workshops: What they are and what they are not



What groups/workshops 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/workshops 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/workshops are not:

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

Things to be aware of when participating in a group/workshop:

- 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: Rules are established at the start of each group/workshop. Should a participant NOT be able to adhere to these rules, they may be asked to leave the group/workshop.

follow us on:



Safety. Support. Hope. Building healthier communities – one relationship at a time.

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