

**About support groups**

Support groups are a means of engaging individuals with similar emotional issues, life events, disabilities, and other common factors in therapeutic group discussion and activities. These groups, which provide social support, are beneficial because attendees are experiencing the same problem or life event, which allows them to share emotions, concerns, obstacles, successes, and more as a means of learning how to cope with the situation.

On average, support groups meet monthly but have no attendance requirement. Membership regularly changes as attendees who no longer need the group drop out and others who need support join.