



ConnectGroups
helping support groups & individuals



How to Be an Effective Support Group

Support groups are created for a lot of different reasons and no two groups are exactly the same.

But groups that are working well will be the same in some ways.

Some of the ways they might be the same are the ways they are organised (structure) and the way they do things (processes).

Here are some ways that groups that work well are similar to each other.

The Structure of the Group

The group

- Agrees together on a mission, goal and purpose
- Has a good balance between informality and structure
- Gives good support and helpful and fun activities
- Has access to resources like a meeting place, mailing address, phone
- Has good relationships with other organisations and groups
- Makes sure decisions are made by everyone, together



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The Processes of the Group

The group processes makes sure that

- Everyone has a chance to lead or help within the group
- Members are able to help each other to achieve goals, give feedback, be open and share with each other, not judge each other
- Members are supported when they want to try new things
- A variety of ways of dealing with problems in the group are used
- The members keep private information private within the group
- That more than one or two leaders, core members or people with energy are supported
- Social activities are included at meetings
- Meetings are held in places that make you feel good
- Meetings help give members positive learning experiences

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New and Existing Support Group Development, Telephone Information Line,
Information Forums, Facilities and Equipment Hire

On-line Directory of Support Groups and Community Organisations, E-News



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People With disabilities WA:

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