



# WHY JOIN A SUPPORT GROUP?

## **You'll meet people who share your concerns.**

Most support groups focus on a specific topic. You'll meet others who are facing the same issue you are, such as living with cancer, overcoming substance abuse, or caring for a loved one with dementia.

## **You'll share resources and information.**

Many support groups are led by a leader with years of experience. People share strategies with one another. You'll learn from people's experiences and find answers to questions.

## **There are groups all across the country.**

Some groups meet online. Some meet in person. To find a group, search online, contact your local hospital, house of worship, or ask your health care provider for a referral. Your organisation's assistance program can also help you find one.

## **You'll feel less alone.**

A support group is a place to find friendship, understanding, and a sympathetic ear. Others can't solve your problems, but they can help carry a bit of the load.