

What Self-Help Groups are out there?

- Abuse & Violence
- Addictions
- Bereavement/Grief
- Autism
- Bipolar Disorder
- Eating Disorders
- Multiple Sclerosis
- Depression
- Parenting
- Physical Disability
- Victims of Crime
- AND SO MANY MORE...

To find out about Self-Help
Groups in your community or to
start your own Self-Help Group
contact the Self-Help Connection
at 902-466-2011

SELF-HELP CONNECTION

Phone: (902)466-2011
Toll Free: 1-866-765-6639
Fax: (902)404-3205

63 King Street
Dartmouth, NS
B2Y 2R7

WWW.SELFHELPCONNECTION.CA



SELF-HELP GROUPS

“You alone can do it, but
you can’t do it alone”

(Self-Help Adage)

What is a Self-Help Group?



A Self-Help Group (also referred to as a support group) is a group of people who are all experiencing a similar condition or situation and come together for mutual aid and support.

Why join a Self-Help Group?

Self-Help Groups provide people with many opportunities including:

- Express feelings about a diagnosis, condition or concern
- Relay personal experiences
- Learn more about a diagnosis or issue of concern
- Obtain a societal perspective on a diagnosis, condition or concern
- Socialize with like-minded people
- Develop acceptance and coping skills
- Discover life- long resources for recovery
- Discover treatment options and experiences

Limitations of Self-Help Groups include:

- They are NOT counseling groups, they are support groups
- They are NOT a replacement for medications /treatments prescribed by your doctor
- Some information shared at these groups is based on personal experience and may not be relevant or appropriate for every individual

Who can join Self-Help Groups?



Self-Help Groups can benefit family, friends, caregivers, and the individuals themselves experiencing a difficult diagnosis, condition, or concerning situation. Self-Help Groups allow people to recognize that there are others going through the same predicament and that 'you are not alone'