

### ***What happens at the woman's support group?***

It is an opportunity to come together with women who have survived similar experiences and talk about how it has impacted on their lives.

In meeting other women hopefully you won't feel so alone, you will feel reassured that you are coping with life and what it throws at you, just like every one else sitting in the group.

It can feel at times like a sense of belonging to this group of women who have all shared different experiences but have similar feelings and emotions. Although you can do this with your counsellor, there may come a time when you may want to speak to other women.

The group provides a space to not just talk about the past but to look to the future, meet new women and allow you to have some fun too!

### ***Sounds like it could get a bit heavy?***

Yes it can at times but it also can be a laugh. It a sounding of place where you can just say how you're really feeling, the other group members are not there judging and you can feel like you are just you.

### ***Is there anybody else there?***

The group facilitator checks in at the beginning and the end to see that we are all all right! She listens to what we have to say and will reflect on what she has heard.

### ***What if I know someone?***

It is scary to start with and yes you may know someone but it is scary for them too. Confidentiality is discussed every time a new member joins.

### ***I think I will give it a try, what do I do?***

You can just come along, speak to your counsellor or if it would help meet with Lynn before hand. If you decide that the group is not for you, that's okay. It's not for everyone. It is an open group, which means group members can stay for as long as they fell they are getting help.