# Support Groups

## What is a support group?

In a large workshop it is difficult to meet, let alone be close with, everybody. A support group is a small group of (probably) 6-10 people who meet daily and with whom you can become close. Support group cultures vary considerably - some groups are 'huggy touchy', some have intensive co-co sessions, some dance or drum, some are for women or men only and some groups do not know what they are until they meet for the first time.

## How do I become part of a support group?

Can I see a group that I would like to join?

yes

Find the post-it with your name and put it in the group.

no

Start a new group!

Write the name/title of a group that you would like in an empty space on the poster. Find the post-it with your name

and stick it under the title.

Sometimes groups have restricted numbers and will close when that number has been reached. If you want a group on that theme why not start a new group?

We will negotiate rooms for support groups at the beginning of the first support group time. There are will not be enough workshop rooms for all the support groups so some groups will meet in bedrooms.

Please do not move other people's post-its out of groups.