What Support Groups Can and Cannot Do

Support groups are run by and for its members to provide mutual aid or support in dealing with issues and concerns. These groups are unique in that they may be started by anyone regardless of training, experience, or credentials.

Support Groups Can...

Provide a safe, non-judgmental, and confidential outlet for sharing with peers who have gone through similar experiences.

Provide understanding and assurance for others in the group that they are not alone.

Provide evidence that it is possible to feel better about dealing or coping with disabilities, and to develop positive attitudes about the future.

Provide the opportunity for members to help each other through the sharing of knowledge and experiences.

Provide ideas and avenues wherein members can begin to regain some control over their lives.

Offer resources, speakers, information, and literature not readily available outside of the group.

Provide the opportunity for the formation of new support relationships which may exist outside of the group framework.

Support Groups Can't...

"Cure" people.

Attempt or suggest therapeutic interventions.

Diagnose, make psychiatric evaluations or recommend therapies or medications.

Attempt to resolve conflictual or ambivalent emotions or feelings.

Address toxic issues.
Attempt to identify and overcome resistance to sharing through confrontation and analysis.

In any way take an active role in the unfolding of a member’s development

*This information may be used without compensation so long as the copy is not used for profit or as training materials in a profit making activity such as workshops, lectures, and seminars, and so long as this paragraph is retained in its entirety. Information developed by TLC Group, Dallas Texas and adapted for parent group use by Parent to Parent of PA.*