



# Grow A Strong Family, Inc.

*Building resilience one family at a time.*

## ***Defining the Group's purpose***

- The purpose of the group. Replanting Lives Support Group is an open support group for the family members and supporters of individuals with mental illness/behavioral health issues.
- What specific issues will your support group address? This group focuses on reclaiming healthy family relationships through skills, exercises, and discussions on various topics including “Guilt and Responsibility,” “Finding the Person in the Illness,” “Identifying the Illness,” “Self-Care,” “Problem-Solving,” “Silent Agreements,” “Safety Plans,” “Boundaries,” “More Effective Communication,” “Suicidality,” “Family First Aid.”
- Who do you want to reach? Replanting Lives is for the family members and supporters uprooted by the mental illness of a loved one.
- How narrow is the focus? This group’s focus is on the family members and supporters and their needs.
- What will the group provide? The group provides a safe space where skills can be learned to improve overall family satisfaction and healthy outcomes; skills; exercises; networking; resources; and, referrals as needed.
- What will the group meetings focus on? The primary focus of this group is on education and encouragement with opportunities for sharing between members.
- How often? The group meets once or twice a month for 90 minutes at a regularly scheduled time and place.
- Is there a moderator or discussion leader? There are two co-leaders with a background in mental health and group facilitation skills experience.
- How are meetings structured? Meetings are structured with an Opening, Topic, and the closing (Serenity Prayer).
- Who handles communication? The leader/co-leader handles communication, contact information, meeting schedules, announcements, etc.
- How is the group financed? Donations or grants.
- What location is best? An accessible, central location that offers parking, public transportation, private space, bathrooms.
- Should we serve refreshments? Refreshments help make everyone feel at home and encourage socializing among members.
- Would you like guest speakers to present to the group? Guest speakers can be a great way to expose the group to new information or to educate on a specific topic. Group members may make suggestions regarding which speakers to invite.