



## HOW TO START A SANITY SUPPORT GROUP

(Even if YOU don't want to be the leader!)

**FIRST STEPS** *(Remember, someone needs to take them! Could it be you?)*

**Step One:** Read the book and decide if you wish to host a **SANITY Support Group**. Visit the Support page on our website to see the resources we have available for Group Leaders. Send for **FREE** brochures you can distribute.

[www.SettingBoundaries.com](http://www.SettingBoundaries.com)

**Step Two:** Decide whether your 12-week session will be **Open** (public) or **Closed** (private) and when it will be held. If your group will be **Closed**, personally invite your group members and skip to step four below.

**Step Three:** Find out how many people in your community are in desperate need of attending a **SANITY Support Group**. You may be surprised. To see if anyone is interested, post numerous **"You're Invited"** flyers on public bulletin boards at local grocery stores, banks, community recreation centers, senior centers, churches, schools, and businesses. You can photocopy the flyer that is available in a PDF format on the Support page of our website. (Make sure to fill in ALL of the blanks on the flyer, and cut along the dashes at the bottom so folks can tear-off your number.) Think of this as a time of discovery. Trust us, you are not alone!

**FOR SOMEONE NOT SURE IF THEY WANT TO LEAD A GROUP:** During this discovery time, ask those responding if they would like to lead or co-lead the group with you. You may find someone who is perfect for the job. The Group Leader Start-up Kit has everything you need. The study guide and CD's walk you through everything you need to know each and every week. **You will never be alone in available support and resources.**

**Step Four:** Once you know there is enough interest in your community, you will need to purchase the Group Leader Start-up Kit. All of the information and forms you need to develop your group are included in the Companion Study

Guide. The cost of this package can eventually be shared among the group members. Many churches will incur this primary expense as part of their outreach ministry. You can also ask someone to sponsor the cost of the start-up kit for your group. Once you have the Group Leader Start-up Kit, you can follow additional step-by-step instructions to develop and conduct your **SANITY**

**Support Group.**

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