

# GROUP FACILITATOR WORKBOOK

**BIGGER  
THAN THE  
TRAIL**

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# Welcome & Definitions

## REFLECTION QUESTIONS

Respond to these questions when prompted during training.

Why am I here? Why do I want to be a BTTT Facilitator?

What is support? When have I given support? When have I received support?

# Notes

**What is the mission of Bigger Than The Trail?**

**What's the difference between a therapy group and a support group?**

# Welcome & Definitions

## REFLECTION QUESTIONS

Respond to these questions when prompted during training.

What makes a good facilitator? Who is a memorable facilitator from my life?

What makes a bad facilitator? What fears/weaknesses do I have around facilitation?

# Notes

**PEER SUPPORT FACILITATOR**

# CO-FACILITATOR

## CHECKLIST

USE THESE QUESTIONS TO GET TO KNOW YOUR CO-FACILITATOR AND TO PLAN FOR SESSIONS

### EXPERIENCE & INTEREST

- WHAT'S YOUR EXPERIENCE FACILITATING?
- WHAT IS YOUR COMFORT LEVEL WITH FACILITATING?
- WHAT ROLE(S) DO YOU PERFER?
- WHAT'S YOUR LEAST FAVORITE PART OF FACILITATING?
- HOW DO YOU LIKE TO RECEIVE FEEDBACK?

### TRIGGERS

- WHAT ARE YOUR TRIGGERS?
- HOW CAN WE COMMUNICATE TRIGGERS DURING SESSIONS?
- HOW CAN I SUPPORT YOU IF YOU ARE TRIGGERED?
- HOW CAN I AVOID TRIGGERING YOU?
- ARE THERE ANY TOPICS YOU WOULD LIKE OFF LIMITS?

### SESSION

- WILL ONE PERSON LEAD OR WILL WE CO-LEAD?
- HOW MUCH TIME FOR EACH SECTION?
- HOW WILL WE CHECK IN WITH EACH OTHER?
- WHAT DO WE NEED TO PREPARE AHEAD OF TIME?
- WHAT ARE OUR OPENING AND CLOSING QUESTIONS?
- WHO WILL MANAGE TIME?
- WHO WILL BREAKOUT WITH SOMEONE IN CRISIS?

### DEBRIEF

- WHAT WENT WELL?
- WHAT CAN WE DO DIFFERENTLY NEXT TIME?
- DO YOU NEED ANY EXTRA SUPPORT AFTER THAT MEETING?
- WHO WILL HANDLE NOTES?
- HOW CAN I BE A BETTER CO-FACILITATOR NEXT TIME?

# STARTING A MEETING

## REFLECTION QUESTIONS

Respond to these questions when prompted during training.

What group rules are most important to me? What rules help me feel safe?

How can I create a culture of safety and respect? What other values do I want to make sure are present in my group?

# Notes

**What are the 4 components of group?**

**What are the reasons behind our group rules?**



# Notes



Welcome!

This is a support group for individuals navigating mental health and mental wellness. This is a safe place where you can get support and connect with others. You do not have to be diagnosed with any specific illness to be here, but many people in our groups do have a mental health diagnoses. Anyone who wants to connect or find supports in others is welcome here.

This is not a therapy group. This is not a substitute for psychiatric care or psychotherapy or medical treatment. The group is guided by a peer facilitator and not by a licensed professional. This group is not designed to diagnose or treat mental illness, but is a group of mutual support and community.

If you are experiencing symptoms that appear to need to be addressed by a healthcare professional or are a danger to yourself or others, the facilitator will encourage you to seek a higher level of support and get the care you need.

By registering for this group, you assert to having read and understood the above information and support group rules.

If you need immediate support, please call 988 for mental health crisis services or 911 for emergency services.



## RULES & EXPECTATIONS

Our groups are a safe and welcoming environment for all. In an effort to ensure all participants feel secure, valued and respected, everyone will follow these rules as well as any rules shared by your facilitators.

### CONFIDENTIALITY

Do not talk about people outside of group, even with other group members

Do not photograph, screenshot, or otherwise record group or group members

### SUBSTANCES

Do not come to group intoxicated.

Do not consume substances --legal or otherwise---during group.

### VALUE TIME

Come on time-- you cannot join after 15 minutes late

Everyone gets a chance to share

Limit Distractions

### RESPECT

Respect different opinions and experiences

Use respectful language and tone; no attacks or put downs

Listen to the person talking

### APPROPRIATE CONTENT

Focus on community and mental health support

Stay on topic

For crisis or therapy needs, utilize other resources

# Notes

**Check-In and Opening**

**Sharing Resources**

# OPENINGS

Invite participants to state their name and respond to the prompt.

Open up for deeper discussion after everyone has done brief check-in

## WHEN THERE ARE A LOT OF PEOPLE

- "Use one or two words to state your intention for today.
- "Describe your mood in one word."
- "Scale of 1-10, where's your mood today??"
- "In one or two sentences...."

## USING VIRTUAL TOOLS

- In your display name, write your first name + ( how you're feeling right now) (a weather word that describes your day) (why you're here today)
- Check-in using an emoji
- Check-in by showing us on screen from 1-10 how energetic you are for today's meeting (fingers, or type in the chat)
- Check-in by showing us your power pose for this meeting.
- Check-in by changing your virtual background to (a place that makes you feel happy) (a scene from your favorite movie) (your proudest moment)

## WHEN YOU HAVE TIME

- What's a high and low from this week?
- How can we support you today?
- What's on your mind?
- What's a challenge you are currently facing or one you've recently overcome?

# ZOOM TOOLS

## MANAGE PARTICIPANTS

Log into Zoom Meeting

Under "Meeting Controls" find **Participants** 

- To mute the ENTIRE GROUP select "Mute All"
- To stop one participant, hover over name and choose "mute" or "stop video"
- Let people in from the waiting room
- Lock Meeting after 15 minutes

## CHANGE BACKGROUND

Log into Zoom Meeting

**On a Computer**, find **Settings** and click "**background and filters**"

**On a phone**, find "**More**" and click "**background/effects**"

# Notes

**Closing**

**Notes**

# CLOSINGS

Depending on time and preference, participants can respond to prompts by: going around one at a time and answering, going popcorn style, speaking in unison. For virtual participation, you can try using the chatbox, changing name, or changing picture.

## CONNECTING TO EACH OTHER

- "(Name), you impacted me ----"
- "I pass my peace to you". One person starts and passes to another person in the group until it has been passed to everyone.
- Take a deep breath together
- "My hope for you is..."

## CONNECT TO SESSION

- One thing I learned
- One thing I will try
- Something I'm taking with me and something I get to leave behind
- One word to leave us with

## PROMOTE WELLNESS

- One way I'm going to take care of myself today (this week) is...
- One person I'm going to reach out to is..
- One thing I appreciate about myself is...
- One thing I'm feeling grateful for today is...



# ZOOM TOOLS

## EMOJIS AND HAND RAISES

Log into Zoom Meeting

Under "Meeting Controls" find "**Reactions**"

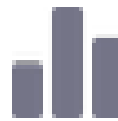


Use questions that can be answered with an emoji or a hand raise.

## POLLS

Log into Zoom Meeting

Find the **Polls and Quizzes** tab



Click "create" and choose what kind of poll you want

Allow participants to respond anonymously

# ZOOM TOOLS

## SCREEN SHARING & WHITE BOARD

Log into Zoom Meeting

Under "Meeting Controls" find **Share Screen**



- Choose screen or white board
- Make sure other tabs and windows are closed

## BREAKOUT ROOMS

Log into Zoom Meeting

Under "Meeting Controls" find **Breakout Rooms**



- Select the number of groups you want
- Select for participants to be automatically sorted

# MEETING TOPICS

1. Self Care
2. Nature
3. Self Compassion
4. Thinking Traps
5. Gratitude
6. Sleep Hygiene
7. Boundaries
8. Negative Self Talk
9. Movement
10. Coping Skills
11. Routines, Rituals and Habits
12. Play
13. Technology Diet
14. Attention/Presence
15. Connection
16. Feel Your Feelings
17. Stress
18. Affirmations and Mantras
19. Decluttering
20. Circle of Control

# PLAN A MEETING

- USE THE PROVIDED TOOLS TO PRACTICE PLANNING A SESSION.
- EXPLORE THE CHECK IN AND CHECK OUT STRATEGIES AND FIND ONES THAT RESONATE WITH YOU.
- REMEMBER TO HAVE A BACKUP PLAN FOR EVERY CATEGORY IN CASE YOU NEED TO USE MORE OR LESS TIME.
- AS YOU PRACTICE PLANNING A MEETING, CONSIDER WHICH ELEMENTS YOU LIKE MORE AND WHICH YOU LIKE LESS. WHAT ROLES DO YOU WANT AND WHICH DO YOU WANT TO PASS ON TO YOUR CO-FACILITATOR?
- WHEN PLANNING TIME, GIVE YOURSELF A WINDOW. HAVE A PLAN FOR WHAT WILL HAPPEN IF THINGS TAKE LONGER/SHORTER THAN EXPECTED. WILL YOU HAVE A FIRM CUT-OFF FOR ANY SECTION?

# SUPPORT GROUP AGENDA



DATE \_\_\_\_\_

WEEK # \_\_\_\_\_

## CHECK-IN

## CHECK-OUT

## RESOURCE:

ROLES	WHO?	TIME
WELCOME		
CHECK-IN		
RESOURCE SHARE		
GROUP PROCESS		
CLOSING		
NOTES & TIME KEEPING		

# Notes

# ROLES & EXPECTATIONS

## REFLECTION QUESTIONS

Respond to these questions when prompted during training.

What is the role of a group facilitator?

How can I tell when someone is paying attention when I'm talking? When they aren't? What makes me feel heard?

# Notes

**What roles does a facilitator have?**

**Guiding conversation**



# Notes

**Problem Solving**

**Active Listening**

# ACTIVE LISTENING SKILLS

## PARAPHRASE: REPEAT BACK WITH DIFFERENT WORDS

What I'm hearing is...

Sounds like you are saying...

If I'm hearing you correctly....

So as you see it...

## CLARIFY: SEEK UNDERSTANDING

I am not sure I quite understand; or do you mean that...?

Can you say more about ... ?

You have given me a lot of information, let me see if I've got it all... "

## SUMMARIZE: IDENTIFY, CONNECT, AND INTEGRATE IDEAS

Let me summarize what I heard so far. . . .

So, on the one hand... but on the other hand . . .

• I think I've heard several things that seem to be important to you, first\_\_\_\_, second, second\_\_\_\_\_, third\_\_\_\_\_."

## REFLECT: CONNECT CONTENT TO FEELINGS

I get the sense that you might be feeling afraid about what might happen if . . .

To me, it sounds like you are frustrated about what was said, but I am wondering if you are also feeling a little hurt by it.

It seems like you felt confused and worried when that happened.

# ACTIVE LISTENING

## *DO'S & DON'TS*

### DO'S

Listen More than you talk

Let the speaker finish before you respond.

Ask open--ended questions

Remain attentive to what's being said

Be aware of your own biases

Manage your own emotions

Be attentive to ideas and problem--solving opportunities

Give verbal and nonverbal messages that you are listening

Listen for both feelings and content

### DONT'S

Dominate the conversation

Interrupt

Finish the speaker's sentences

Jump to conclusions

Respond with blaming or accusatory language

Become argumentative

Demonstrate impatience or multitask

Mentally compose your responses about what to say next

Listen with biases or shut out new ideas

# ACTIVE LISTENING BARRIERS

## INTERRUPTING

- Interjecting comments
- Rushing Speaker
- Cross--examining
- Tuning out
- Responding to distractions

## DIVERTING

- Changing the subject
- Focusing on your own agenda
- Reassuring
- Minimizing

## FIXING

- Ordering
- Suggesting
- Advising
- Diagnosing

## EVALUATING

- Judging
- Condemning
- Taking sides
- Giving opinions
- Threatening
- Praising

# FEELINGS WORDS

Concerned

Desperate

Confused

Angry

Frustrated

Discouraged

Annoyed

Belittled

Patronized

Understood

Pleased

Uncomfortable

Resentful

Misunderstood

Stuck

Unimportant

Hopeful

Hopeless

Encouraged

Confident

Envious

Dissatisfied

Hurt

Astonished

Overwhelmed

Surprised

Scared

Terrified

Upset

Uncertain

Important

Guilty

Blamed

Content

Shamed

Defensive

Discounted

Embarrassed

Worried

Affectionate

Resigned

Tired

Enthusiastic

Puzzled

Attacked

Considered

Intimidated

Ignored

Comforted

Sad

Loved

Anxious

Disturbed

Rejected

Delighted

Infuriated

Betrayed

Concerned

Joyful

Enamored

Proud

Threatened

# Notes

**Co-Facilitation**

**Self Care**

# POST SESSION DEBRIEF & NOTES

DATE:

FACILITATOR:

FACILITATOR:

TOPIC:

RESOURCE SHARED:

WERE THERE ANY TECHNOLOGY ISSUES?

WAS THERE A CRISIS IN THE GROUP (SOMEONE HAD TO BE KICKED OUT, OR SOMEONE NEEDED TO BE CONNECTED TO A HIGHER LEVEL OF SUPPORT)?

ARE THERE ANY FOLLOW UPS FOR THE NEXT SESSION (SOMEONE STRUGGLING, UPCOMING ANNIVERSARIES? ONLY SHARE WITH PERMISSION.)

DID ANY GROUP MEMBER REPEATEDLY VIOLATE GROUP NORMS?

ANYTHING ELSE WE SHOULD KNOW?

ANY SUPPORT YOU NEED?

# Notes



# SELF CARE

## Create a Maintenance Self Care Plan & Emergency Self Care Plan

1

Review types of self care and identify in which way you are already taking care of yourself and ways you can care for yourself more.

2

Decide frequency and schedule self care. Write it down! Put it in your planner!

3

Complete Emergency Self Care Reflection Sheet and fill in your "official" Emergency Self Care Plan

4

Create a physical or digital Self Care Toolkit and add your Emergency Self Care Plan to it

5

Use your Emergency Self Care Plan and Toolkit when needed. Review regularly and replenish supplies

# SELF CARE

Six categories of self care and examples of how to practice them

## PHYSICAL

ACTIVITIES YOU DO TO IMPROVE THE WELL BEING OF YOUR PHYSICAL HEALTH.

- Exercise
- Drink water
- Complete annual physicals
- Sleep 7-10 hours
- Eat enough calories
- Eat fruits and vegetables

## SOCIAL

ACTIVITIES YOU DO TO CONNECT WITH OTHERS AND DEEPEN RELATIONSHIPS.

- Make regular plans with someone
- Date nights
- one on one time with kids
- Call or schedule check ins
- Send spontaneous notes

## PRACTICAL

TASKS YOU COMPLETE TO PREVENT FUTURE STRESS AND TO MAINTAIN EVERYDAY LIFE.

- Pay bills
- Meal Plan
- Pick outfits out ahead of time
- Make a budget
- Professional Development Classes

## PSYCHOLOGICAL

ACTIVITIES TO ENGAGE THE MIND, STIMULATE CURIOSITY AND ENHANCE SELF AWARENESS.

- Learn something new
- Read a book
- Listen to a podcast
- Engage in reflection
- Take a class
- Journal or track moods

## EMOTIONAL

ACTIVITIES YOU DO TO FEEL, EXPERIENCE AND EXPRESS A RANGE OF EMOTIONS.

- Journal
- Talk to a therapist
- Cry
- Watch movies that make you laugh
- Communicate boundaries
- Celebrate yourself/use affirmations

## SPIRITUAL

ACTIVITIES YOU DO TO NURTURE YOU SPIRIT, CONSIDER THINGS BIGGER THAN/ OUTSIDE OF YOURSELF, AND/OR CONNECTS YOU WITH HUMANITY.

- Go out in nature
- Engage in reflection
- Find a spiritual community
- Attend organized religious services
- Have experiences of awe and wonder
- Practice gratitude

# SELF CARE

## MAKE A MAINTENANCE PLAN

IDENTIFY CURRENT SELF CARE PRACTICES AND WHAT YOU CAN ADD OR CHANGE. BE SPECIFIC ON TIMING AND FREQUENCY TO MAKE A PLAN.

CATEGORY	CURRENTLY DOING	ADD/CHANGE	WHEN? HOW OFTEN?
<i>PHYSICAL</i>			
<i>SOCIAL</i>			
<i>PRACTICAL</i>			
<i>MENTAL</i>			
<i>EMOTIONAL</i>			
<i>SPIRITUAL</i>			

# EMERGENCY SELF CARE PLAN REFLECTION SHEET

## IDENTIFY SOCIAL SUPPORTS

*WHO HAS BEEN THERE FOR YOU BEFORE?  
WHO IS A GOOD LISTENER?  
WHO GIVES GOOD ADVICE?  
WHO KNOWS WHEN TO LISTEN VS WHEN TO GIVE ADVICE?  
WHO DO YOU CALL WHEN YOU NEED TO VENT?  
WHO DO YOU CALL WHEN YOU NEED TO CRY?*

## AFFIRMATIONS

*WHAT AFFIRMATIONS RESONATE WITH YOU?  
WHAT LOVING REMINDERS DO I NEED?  
WRITE YOUR OWN AFFIRMATIONS (POSITIVE, PRESENT AND PERSONAL)*

## COPING SKILLS

*COPING SKILLS? (SEE NEXT PAGE FOR IDEAS)  
WHAT DO YOU TEND TO DO ARE UPSET? IS IT HELPFUL OR UNHELPFUL?  
WHAT HAS HELPED CALM YOU DOWN IN THE PAST?  
WHAT HAVE YOU TRIED?  
ARE THERE BREATHING TECHNIQUES OR CALMING STRATEGIES THAT YOU LIKE?*

## SAFE ENVIRONMENTS

*WHERE CAN YOU GO WHEN YOU WANT TO BE ALONE?  
WHERE IS A PLACE THAT MAKES YOU FEEL CALM?  
WHERE CAN YOU GO IF YOU NEED SOME MOVEMENT?  
WHERE CAN YOU GO*

## THINGS THAT PRODUCE JOY

*WHAT DO YOU DO FOR FUN WHEN YOU ARE IN A GOOD MOOD?  
WHAT ARE YOUR FAVORITE COMEDIC MOVIES?  
WHO MAKES YOU LAUGH?  
WHAT MUSIC MAKES YOU WANT TO DANCE?*

## PHYSICAL NEEDS

*WHAT PHYSICAL SELF CARE AM I MOST LIKELY TO FORGET WHEN I AM STRESSED  
ARE THERE UNHEALTHY CHANGES I MAKE WHEN I AM STRESSED?  
WHAT PHYSICAL NEEDS IMPACT ME MOST? (FOOD, SLEEP, MOVEMENT, ETC)*

# EMERGENCY SELF CARE PLAN

*WHO I WILL REACH OUT TO*

- 
- 
- 

*WHERE I WILL GO*

- 
- 
- 

*AFFIRMATIONS I WILL TELL MYSELF*

- 
- 
- 

*HOW I WILL SOOTHE MYSELF*

- 
- 
- 

*THINGS THAT MAY HELP ME SMILE OR LAUGH*

- 
- 
- 

*HOW I WILL CARE FOR MY BODY TODAY*

- 
- 
- 

**PEOPLE/PLACES/THINGS I SHOULD AVOID**

# SELF CARE

## TOOLKIT

Create a physical or digital toolkit that is already together and easy to access when you are feeling overwhelmed. The easier it is to take care of yourself, the more likely you are to do it!

- Your Emergency Self Care Plan
- Playlists (fun and energetic, calming and soothing, mindfulness or nature sounds)
- Files of kind cards/emails/notes you have been given
- Epsom salts or bath bombs
- Candles or incense in scents that make you feel relaxed
- Flavorful candy or treat
- Comfy socks or soft blanket
- A list of favorite movies
- Pictures that make you smile ( happy memories, beautiful places, puppies, etc.)
- What else? What soothes you or brings you joy?

# CHALLENGING DYNAMICS

## REFLECTION QUESTIONS

Respond to these questions when prompted during training.

What challenging dynamics or crises do I anticipate?  
Which do I fear and which do I feel prepared for?

What is my comfort level with conflict?

# CHALLENGING DYNAMICS

## REFLECTION QUESTIONS

Respond to these questions when prompted during training.

What challenging dynamics or crises do I anticipate?  
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# FLEX MODEL

## FOCUS WITHIN

F

Tune into your emotions

Recognize how our experience have shaped your perspective

Know your biases

Focus on facts

## LEARN ABOUT OTHERS

L

Recognize how their experience has shaped their emotion

Consider their perspective

Know they may have different values

Think about how your actions may have impacted them

E

## ENGAGE IN INCLUSIVE DIALOUGE

Listen to understand, not debate

Ask open-ended questions

Avoid blame and defensiveness

## EXPAND OPTIONS

X

Brainstorm possible solutions

Seek out different perspectives

Explore & Evaluate

# Notes

**Constructive VS Destructive Group Behaviors**

**Conflict Resolution**

# Notes

**I Statements**

**Compliment Sandwich**

# Notes

**Crisis**

**Follow up after crisis**



## RESOURCES

These are national organizations with trained professionals

### SUICIDE & CRISIS

988

Text "home" to 741741

### SUBSTANCE ABUSE

SAMHSA Hotline 1-800-662-4357

SAMHSA Counselor 1-800-774-5796

### LGBTQIA+

Trevor Project Crisis Hotline 866-488-7386

Trans Lifeline 877-565-8860

### VIOLENCE & SEXUAL ASSAULT

National Domestic Violence Hotline:  
1-800-799-7223

National Sexual Assault Hotline  
1-800-656-4673

# Notes

## **ACTION**

# PRACTICE

PRACTICE THE SKILLS OF CO-FACILITATING IN YOUR EVERYDAY LIFE

**ACTIVE LISTENING** USE **ACTIVE LISTENING** WITH PARTNERS, KIDS, AND COLLEAGUES, AND FRIENDS. NOTICE THE DIFFERENCE IN QUALITY OF CONNECTION!

**I STATEMENTS** USE **I STATEMENTS** WHEN COMMUNICATING YOUR FEELINGS. REMEMBER THE FORMAT:  
I FEEL \_\_\_\_\_ WHEN YOU \_\_\_\_\_  
BECAUSE \_\_\_\_\_ NEXT TIME, PLEASE \_\_\_\_\_

**SELF CARE** COMPLETE THE **SELF CARE** ACTIVITIES AND PRIORITIZE SELF CARE SO THAT IT IS ALREADY IN PLACE WHEN IT'S YOUR TURN TO FACILITATE.

**POSITIVE OPPOSITES** WHEN YOU WANT TO CORRECT A BEHAVIOR, TRY FRAMING IT IN IT'S **POSITIVE OPPOSITE**

**SELF AWARENESS** PAY ATTENTION TO **YOUR OWN THOUGHTS AND FEELINGS**. KNOW YOURSELF. LEARN YOUR BIASES

**ZOOM** PLAY AROUND IN ZOOM. SCHEDULE SOME CATH UP TIME WITH FRIEND AND TRY OUT THE FEATURES.

# REFERENCES & RESOURCES

## FOR FURTHER INDEPENDENT STUDY

MENTAL HEALTH AMERICA'S CENTER FOR PEER SUPPORT GROUP (2016). SUPPORT GROUP FACILITATION GUIDE. RETRIEVED FROM [HTTPS://WWW.MHANATIONAL.ORG/SITES/DEFAULT/FILES/MHA%20SUPPORT%20GROUP%20FACILITATION%20GUIDE%202016.PDF](https://www.mhanational.org/sites/default/files/mha%20support%20group%20facilitation%20guide%202016.pdf)

SELF HELP RESOURCE CENTER. PEER SUPPORT FACILITATOR GUIDE. (N.D.) RETRIEVED FROM [HTTP://WWW.SELFHELP.ON.CA/SITE/WP-CONTENT/UPLOADS/MH-PEER-SUPPORT-MANUAL1.PDF](http://www.selfhelp.on.ca/site/wp-content/uploads/mh-peer-support-manual1.pdf)

HENZE, K. & SWEENEY, P. PART II OF PEER SUPPORT GROUP FACILITATION SKILLS: DEALING WITH CHALLENGES IN GROUPS. (N.D.) RETRIEVED FROM [HTTPS://WWW.MIRECC.VA.GOV/VISN1/DOCS/PRODUCTS/PART\\_II\\_PEER\\_SUPPORT\\_GROUP\\_FACILITATION\\_SKILLS\\_PPRESENTATION.PDF](https://www.mirecc.va.gov/vsn1/docs/products/part_ii_peer_support_group_facilitation_skills_presentation.pdf)

COMMUNITY TOOL BOX. SECTION 2. CREATING AND FACILITATING PEER SUPPORT GROUPS. CHAPTER 21. (1994- 2020) RETRIEVED FROM [HTTPS://CTB.KU.EDU/EN/TABLE-OF-CONTENTS/IMPLEMENT/ENHANCINGSUPPORT/PEER-SUPPORT-GROUPS/MAIN](https://ctb.ku.edu/en/table-of-contents/implement/enhancingsupport/peer-support-groups/main)