



What Makes a Good Group?

Although what is "good" differs for each person, there are some universal signs that indicate a well-functioning group:

- Relevance to individual needs
- Up-to-date, reliable information
- Prompt response to contact
- Regular meetings or newsletters
- Strong leadership
- Clearly stated confidentiality policy
- Good representation
- Clear vision, mission and objectives
- Particular qualities the individual is seeking

A person looking for a support group might consider the following:

- Are you seeking specific information about medical treatment options?
Companionship? Peer counselling?
- How far can you travel? Do you need help with transportation?
- Who do you want the group to target?
- What about the emotional dynamics of the group? Are you looking for a group where you can openly discuss feelings, or are you primarily interested in finding services for further education and research?
- Are you seeking a group run by a professional facilitator, or a peer-support group?