





## Seeking Support Groups

Questions to ask when seeking support groups:

- 1. What days and times does the group meet?
- 2. Is the group ongoing or time limited?
- 3. What is the make-up of the group?
- 4. Are there specific topics or is the discussion open-ended?
- 5. What are the expectations of the group participants?
- 6. Who is the group leader and what are their credentials?
- 7. Who is invited to the meetings?



6860 Century Avenue, Suite 202 Mississauga, ON, L5N 2W5 Telephone: (905) 858-5967 Toll Free: 1-866-659-5556 info@lymphoma.ca http://www.lymphoma.ca/