







WHAT A GRACE GROUP IS NOT

→ NOT professional clinical therapy groups

→ NOT a group meeting for benevolent needs



GRACE GROUP LEADERS

ALL GROUPS:

- + Do NOT have to be a mental health professional!
- + Family members, friends or individuals with mental health difficulty who are in a healthy place to facilitate & support others

REDEFINE GRACE GROUP:

- + Youth pastor, volunteer, college ministry staff, college student, adult mentors
- + NOTE: we recommend parents do not lead a group where his or her child would be participating

GRACE GROUP PARTICIPANTS

- any mental health difficulty
- stability to participate

LIVING GRACE GROUP:

adult individuals living with anxiety, depression and other mental health difficulties or disorders

FAMILY GRACE GROUP:

family members, spouses and friends supporting a loved one with a mental health difficulty or disorder

REDEFINE GRACE GROUP:

high school and college-aged students experiencing stress, anxiety, depression and other mental health difficulties

GROUP DETAILS

- ➔ **SIZE:** approx. 10 people
- ➔ **FREQUENCY:** weekly for 16 weeks – can divide group into two 8-week sessions with break
- ➔ **LENGTH:** 1.5 hours – start & end on time
- ➔ **LOCATION:** home, classroom, church, community center, etc.
- ➔ **HOSPITALITY:** no food/drink expectations – only if desired
