

Catching Up With the Counselor

Dear Mrs. Fitzsimmons,

I am interested in joining a support group, but I don't know where to begin. Can you help?

Signed, Baffled in Baldwin

Dear Baffled,

Support groups can be a great resource to provide perspective and relieve stress associated with your situation. There are a few things to consider. First, consider whether you would want to attend a group located conveniently near your home, or in a nearby community where you might be less likely to run in to someone you know. Secondly, groups run by a professional tend to be more successful. A trained group leader can help move the group along, organize discussions, and prevent members from getting 'stuck' in the same old thing each week. Some other things to consider:

would you prefer a group that met weekly? Daily? Monthly?

Would you prefer a group that met in a community center, or in someone's home? Thinking about the answers to these questions can help make your search easier. If I can be of any help, please feel free to call me at 410.887.3455 or email me at sfitzsimmons@bcps.org.