



**The Virtual Wellness Community
Online Support Groups
Being "New" to a Support Group**

When you are new to a support group you may feel anxiety about what to do or how to act. After a very short time, you will probably feel like "one of the family". In general, people are often surprised at how comfortable they feel even if they never saw themselves as a 'support group' kind of person.

We suggest you come to group for at least three or four weeks before deciding if it is not right for you. If after attending several sessions, you still feel that the group is not for you - you should feel comfortable leaving the group. It is always best to be open with your group about your concerns as they might be able to help you figure out what is best for you.

We recognize that support groups are not for everyone. There are a variety of ways to be Patient Active both at TWC and elsewhere. You are always welcome to utilize our comprehensive TWC programs online or at any of our facilities in any way that you believe supports your fight for recovery.