



Foundation 2

SUPPORT GROUPS

How we help

Sometimes it's comforting to talk with someone who understands what you're going through. Support groups allow you to explore your own thoughts and feelings, while providing emotional support to others looking for help.

SUPPORT GROUPS

Foundation 2 hosts the following support groups facilitated by agency staff:

THE DEPRESSION & ANXIETY SUPPORT GROUP

When you suffer from depression or anxiety, you may feel alone in your struggles. The Depression and Anxiety Support Group connects those struggling with depression and/or anxiety with others who understand. The group focuses on developing positive coping skills, giving mutual support, and learning to manage stress.

Prospective members must complete an intake interview with the group's licensed therapist to see if the goals and format of the group are a good fit for them.

Meetings are free to attend, however there is a one-time fee for the intake interview, charged on a sliding scale based on what you can afford. Call **(319) 362-2174** to request your intake interview.

SUICIDE SURVIVORS BEREAVEMENT SUPPORT GROUP

The loss of a loved one is always painful, but when you lose someone to suicide, there are unique issues that must be explored before healing can begin. It's the kind of death and grief that most people are very uncomfortable talking about. This support group helps you put aside that discomfort to get the help you need.

The group meets twice monthly for anyone who has lost a loved one to suicide. We encourage participants to contact our facilitator before your first meeting at **(319) 362-2174**.

ADDITIONAL SUPPORT GROUPS & OUTLETS

At times we offer support groups for other needs. If you would benefit from a support group, call the Foundation 2 crisis line and we will discuss our current offerings.

WHAT CAN I EXPECT WHEN I ATTEND A MEETING?

You can expect a safe and confidential environment where you can talk to others with similar experiences.

As much as possible, we count on group members to provide leadership. However, no one is required to participate at a level that makes them feel uncomfortable. Group facilitators are always at the meetings to offer their guidance and support.



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Help is available 24 hours a day,
365 days a year.

Call **(319) 362-2174** locally,
or toll-free at **1 (800) 332-4224**.



www.foundation2.org