

# PROGRAMNEWS

## **New Support Group Meetings are a Walk in the Park**

*First support group for VWD patients coming up this September*

What comes to mind when you think of a typical “support group meeting”? People sitting in a circle sharing personal hardships and brimming emotions? Support group meetings can be a great medium to have healthy, topical, and candid discussions that you can’t necessarily have with your close friends or even family. Let’s face it though, not everyone is very keen to the idea of the run of the mill support group, right? Sharing your concerns, emotions, and sentiments can be cathartic, but also scary for some people.

The Chapter has learned that our members would like established support groups for people affected by bleeding

disorders, which have up until this point been missing, but that is something that will change coming this September. In order to appeal to everyone’s comfort level, from people who want to bear it all in a circle of friends to people who want a casual setting to chat, our first support group meeting will be held at Battele Park where we will have a pot luck and ice cream social. Each family can bring an individual dish to share and the Chapter will provide drinks and ice cream.

There are many potential benefits to attending support group meetings including; feeling less lonely and isolated, gaining a sense of empowerment and control, improved coping skills, talking

openly and honestly about your feelings, reducing depression, and getting practical advice or information about treatment options. All of these benefits matched with a casual and fun setting are certain to provide participants with a great experience, a chance to catch up with old friends, and even make new ones!

Our first support group meeting will be held on Sept. 4th, 2011 from 1-4 pm at Battele Park for families and individuals coping with vWD. Other types of support groups are in the plans for late 2011 and 2012. For more information, call Jenn Finn at (614) 429-2121.

**Photo:** *Friendships take shape at the 2011 VWD Retreat*

