

# The Hammock:

## Starting a Support Group that ROCKS!



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Life Coaching

~ “Bringing Balance and Harmony to Life and Work”

# The Nature of Support





# Types of Support



Professional / Medical / Surgical / Other



Personal / Family / Friends / Sojourners / Pets



Physical / Mental / Emotional / Spiritual /  
Financial / Relational

# Accessing Information



# Information Overload



# Deciphering Mixed Messages

*Need to Know!*

*Want to Know!*



*Must know now!!!*

# GROUP DYNAMICS:

Forming

Storming

Norming

Performing



# Breast Cancer Support Groups...

Paining

Straining

Maintaining

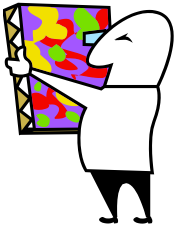
Sustaining

Gaining



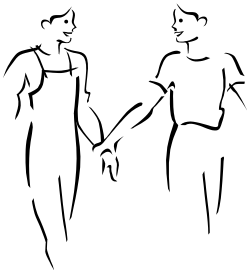


# The “Content” of Meetings



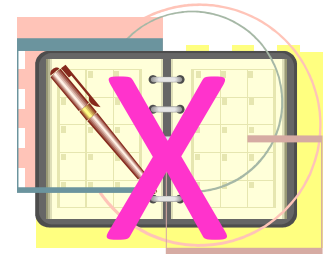
Resident Expert/s

Experienced Referents

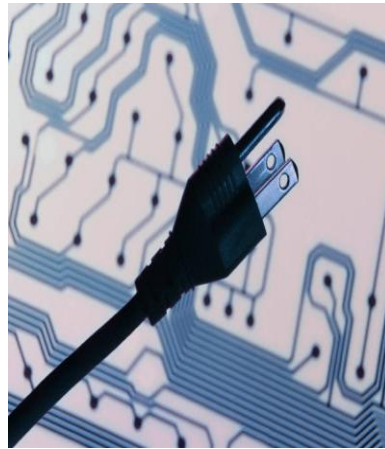


Wounded Healers

Agendaless Meetings



# Storying

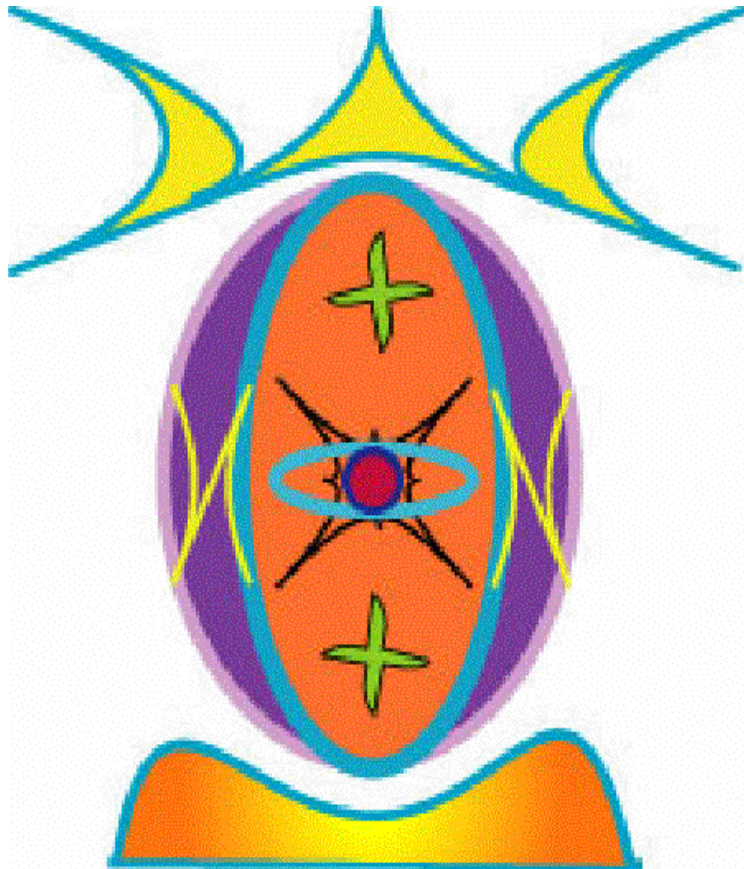


**It is the journey  
that gives the  
destination worth!**









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Remember to **double the “r”**  
**in Harrmony...** then  
expect blessings doubled!