# Support Groups

## Definitions

Support groups help to bring together individuals who share similar life challenges, allowing them to connect with others who can relate to their situation. For example, some individuals who are new to vision loss may want to talk with others who share this experience. By sharing experiences, coping strategies, and emotional support, individuals may feel less isolated and more empowered to navigate transition goals. Additionally, these groups can help promote a sense of belonging, self-confidence, and opportunities for personal growth.

## Guiding Questions

* Do you belong to any support groups?
* Do you know how to get connected with support groups?
* What are some things that can help support you in getting connected with others?
* Are there barriers or questions you have that you’d like to talk to your peers about?
* What do you look for in a support group (e.g. connecting with people your age, sharing interests or similar experiences)?
* What format works best for you (e.g. online, in-person)?

## Resources

[Tele-Support for Teens - Lighthouse Guild](https://lighthouseguild.org/support-services/telesupport-groups/for-teens/) This resource provides information about a social support group for blind teens. In the group, “you will have the opportunity to talk about common social, emotional, academic and practical concerns related to having vision loss.”

<https://www.facebook.com/groups/jobinsightsgroup/> This Facebook group was created as a place to share career resources for the blind and visually impaired. The admins created this group as an extension of the Blind Abilities podcast that supports fellow blind and visually impaired community members and offers a safe place to discuss all topics related to finding your career.

[Empower BLAST (Blind and Low Vision Access, Support, & Tech) – Empower Tennessee](https://empowertennessee.org/events/empower-blast-blind-and-low-vision-access-support-tech-2022-11-25/) Blind and Low Vision Access, Support & Tech (BLAST) (Tech Talk & More) is a social group that gathers to learn about assistive technology and other resources that increase the independence and confidence of people who are blind or have low vision.

[Hadley Discussion Groups | Call-in Events for the Visually Impaired (hadleyhelps.org)](https://hadleyhelps.org/discussion-groups) These call-in groups give you a chance to connect and learn from Hadley and others who share your interests. Join by phone or computer. Topics are varied and include technology, cooking, physical activity, travel, etc.