Tell us when your birthday is?

You don’t have to tell us the year

In probability theory, the birthday problem or birthday paradox concerns the probability that, in a set of X randomly chosen people, some pairs of them will have the same birthday. In a Group of 23 people, the probability of a shared birthday exceeds 50%, while a Group of 70 has a 99.9% chance of a shared birthday.
Wikipedia

INTERESTED SUPPORT GROUP LEADER TRAINING PART 3

PLANNING YOUR SUPPORT GROUP

WELCOME:

Hello and Welcome to the Part 3 of our online SADAG Support Group Leader Training. In this session we will be discussing ***Planning your Support Group***

AGENDA:

- How SADAG helps you and your Support Group
- Preparing for your new role
- Things to consider
- Online or Face-to-face

HOW SADAG HELPS

How SADAG helps:

- SADAG will always be here for you and your Group
- We will take you through the process of starting your own Group step-by-step
- We will be with you throughout your Support Group journey
- Together we will overcome obstacles your Group may have, and celebrate your successes

Next is a reminder of some of the ways SADAG can assist you both before, during and after your Support Group journey

- Ongoing telephonic advice and Support
- Debriefing
- 6-part interested Support Group Training
- Access to other Groups for observation prior to your launch, subsequent to the 6 part theory session
- **Advertising your Group:**
  - Website
  - Social Media
  - Newsletter
  - In the press
  - SMS's and emails to doctors, psychologists, clinics and hospitals in your area
- Writing a request letter to assist with finding a venue
- Connecting you with other Leaders
- Invitations to various training opportunities
- Listing your Support Group in our Referral Guide

- **Support Group Launch Pack**
  - Customised advertising posters and leaflets
  - Hand-outs
  - Pamphlets
  - Awareness materials

- Preparing for your first meeting
- Updating info about your Support Group in our referral guide when necessary
- Support Group Leaders weekly Connect Session
- Weekly emailer with important news, information, resources and upcoming webinars
- Masterclasses
- Access to our Call Centre and Counsellors
- Guest Speakers
- Mental Health Matters Journal

- JOIN US AT A FREE -

Mental Health Support Group for Depression & Anxiety

Where: Online using Google Meet
When: Every Tuesday
Time: 6pm

For more info contact Danielle 082 779 3542

Join us at a FREE

Mental Health Support Group for Family Members & Caregivers of those diagnosed with Schizophrenia & Schizo-affective Disorder

When: Every 2nd & 4th Tuesday
Where: Online
Time: 7 pm

For more info contact Tina 082 460 7915

Join us at a FREE Online

Support Group for parents & loved ones of those living with ADHD

When Third Wednesday of the month
Where Online
Time 4pm - 5:30pm

For more info and to RSVP contact
Ilhaam - Ilhaampk@gmail.com

Join us at a FREE

Mental Health Support Group for Anxiety & Depression

When: Every third Thursday of the month
Time: 5:30pm
Where: Hartklop Ondersteuningsentrum,
18 H.F. Verwoerd St, Chroompark, Mokopane, Limpopo

For more info contact Karien on 062 116 8358

Join us at a FREE

Group for Friends & Family of the LGBTI+ Community

When 1st and 3rd Thursday of the month
Where Contact Ronelda for Zoom meeting details
Time 7pm – 8pm

For more Info & to RSVP Ronelda 082 749 0479

Join us at a FREE Online

Mental Health Support Group for People Living with Disabilities

When: 1st Tuesday of Every Month
Where: Online
Time: 6pm

For more info contact Alexandra 066 339 2832

JOIN US AT A FREE

Mental Health Support Group for JOB SEEKERS AND EMPLOYEES

When: Every Monday
Where: Online-Google Meets
Time: 3pm – 4pm

For more info contact Jeetesh 069 217 5861

Join us at a FREE In-Person

Mental Health Support Group for POST-BREAKUP SEPARATION DIVORCE

When
1st & 3rd Thursday of the month
Where
Synergy Center, 81 Jackson Street,
Brackenhurst, Alberton
Time
6:00pm - 7:30pm

For more info contact Michael 072 688 3531

JOIN US AT A FREE

Mental Health Support Group for ANXIETY, LONELINESS & EVERYDAY STRESS

When: 1st & 3rd Wednesday of every month
Where: Online Google Meet
Time: 5:30pm - 6:30pm

For more info contact Sharon 083 283 2226
or Jeetesh 069 217 5861

Join us at a FREE In-person

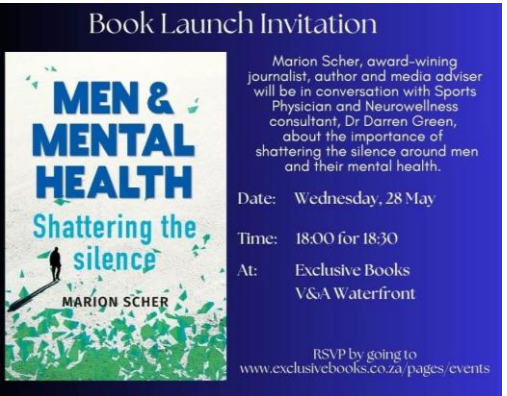
Mental Health Support Group for Recovering Substance Users

When: Wednesday, weekly
Time: 11am
Where: Diepkloof Comprehensive Welfare Centre,
Marthinus Smuts Dr, Diepkloof, Soweto

For more info contact Eugene 072 309 6586

Together We Can!
Support Group Leaders
WEDNESDAY EVENING CONNECT & CATCH UP SESSION
When: Wednesday, 11 June
Time: 6:30pm
Where: Online using Zoom

CHILDREN'S RIGHTS AND THEIR PROTECTION
SADAG SUMMIT
JOHANNESBURG
SATURDAY, 28 JUNE 2025
9AM - 12PM
GRAYSTON PREPARATORY SCHOOL GILLARD STREET
MORNINGSIDE
RSVP VIA THE LINK
Guest Speaker
LUKE LAMPRECHT
Child Activist


Book Launch Invitation
MEN & MENTAL HEALTH
Shattering the silence
MARION SCHER
Marion Scher, award-wining journalist, author and media adviser will be in conversation with Sports Physician and Neurowellness consultant, Dr Darren Green, about the importance of shattering the silence around men and their mental health.
Date: Wednesday, 28 May
Time: 18:00 for 18:30
At: Exclusive Books V&A Waterfront
RSVP by going to www.exclusivebooks.co.za/pages/events

SADAG'S ONLINE ASK THE EXPERT
MEN, MENTAL HEALTH AND WORK
JOIN US LIVE:
Friday 06 June
1 PM
LIVE on facebook
@TheSADAG
Neil Bierbaum
Life Coach
Dr.Reddy's
visit our website WWW.SADAG.ORG

STOP BULLYING
There is no place for Bullies in Gauteng schools.
Bullying can destroy someone's future, including yours.
REPORT BULLYING
Stop bullying me. I am a person.

SADAG'S ONLINE ASK THE EXPERT
SCHIZOPHRENIA: HOW TO TALK SO YOUR DOCTOR WILL LISTEN
TINA JAMES
Support Group Leader
CINDY VAN WYK
Clinical Neuropsychologist
TIME: DATE: WHERE:
PM 01
MAY 23
LIVE on facebook
@TheSADAG
Dr.Reddy's
visit our website WWW.SADAG.ORG

INTERNATIONAL DAY AGAINST SUBSTANCE ABUSE
DEPARTMENT OF BASIC EDUCATION
WEBINAR SERIES
Gauteng Provinces' Strategy To Address The Substance Use Crisis In Schools
Khumo Kgomoeswana
Gauteng Department of Social Development - Act. Director: Substance Abuse Programme
Brennand Smith
Gauteng Department of Education - Directorate: Learner Psychosocial Support
WHERE Zoom Webinar
DATE Thursday, 26 June
TIME 14:30 - 15:30
Registration Link:
https://us02web.zoom.us/meeting/register/vyRfH_MuRi6SEUYLeeqXxQ

SADAG Support Group Leaders
Friday, Weekly Connect Session
When: Friday, 27 June
Time: 10am
Where: Online using Zoom
SADAG'S ONLINE ASK THE EXPERT
BACK TO BASICS: EVERYTHING YOU NEED TO KNOW ABOUT OUR UPCOMING SUPPORT GROUP LEADER TRAINING
ANITA Support Group Coordinator
TASWILL Support Group Leader
KAYLYNN Support Group Leader
MICHAEL Support Group Leader

CURRENTS FOR CAUSE
SWIMMING FOR LIVES
SWIMMING FOR LIVES
Dive into an inspiring convo with Niall Maloney from Currents for Cause who are taking on a daring swim from Robben Island to Blouberg — all to spark awareness and raise funds for Men's Mental Health
TUESDAY: 13th of May
TIME: 18:00 PM
JOIN US LIVE:
@SADAG_OFFICIAL
@TheSADAG
@SADAG_OFFICIAL
Niall Maloney
Currents For Cause

HEALTH & WELLNESS Body | Mind
Men's Health Month calls for action
Silent struggles, serious risks
In South Africa, Men's Health Month emphasises several critical health concerns:
Help is at hand
SANCA Durban Alcohol and Drug Centres: 031 202 2241/2274 or 071 838 4626
South African Depression and Anxiety Group: 0800 12 13 14 (24Hrs) or www.sadag.org
JUNE 26 SUBSTANCE USE AWARENESS DAY
Our Youth, Our Future
A brew for a healthier bru
MONTHLY
Counsellor & Support Group Leader Meeting
LIVING WITH SCHIZOPHRENIA
SATURDAY 10 MAY 2025
TIME 9:00 AM - 10:30 AM
GARTH GIBSON
LIVING WITH SCHIZOPHRENIA
DR. MASHADI MOTLANA
PSYCHIATRIST AND SADAG BOARD MEMBER
ONLINE VIA ZOOM: HTTPS://BIT.LY/4KZP43H

Mental Health Materials

SADAG has a range of brochures, pamphlets and materials for all Mental Health related issues, to assist you and your Group, such as:

- ✓ Depression
- ✓ Trauma
- ✓ Teen Suicide Prevention
- ✓ Substance abuse
- ✓ Bipolar
- ✓ Anxiety
- ✓ PTSD

- These brochures contain important information on the different symptoms as well as treatments
- They also include self-help tips
- We will be able to supply digital copies at your request as well as limited printed copies (all materials are also downloadable from our website – www.sadag.org

How SADAG supports our Groups

- Access to other Support Groups
- Invitations to various training opportunities
- Weekly Support Group Connect Sessions
- **Advertising your Group:** Press, newsletters & social media platforms
- Weekly Support Group Newsletter
- **Support Group Launch Pack:** Printed posters and flyers to advertise your group, as well as informational materials
- Listing your Support Group in the referral guide
- De-briefing
- Support Group Leaders WhatsApp group
- On-going telephonic advice and support
- Assistance in writing a letter to secure a venue for your Group
- Organise Experts Speakersto talk at your meeting

PREPARING FOR YOUR NEW ROLE

- ☑ The role of a Support Group Leader is to assist and direct the Support Group. Remember everyone is equal in the Group so you don't need to feel that everything is your responsibility.
- ☑ Support Group Leaders can empower themselves by learning more about Mental Health too – but don't need to be experts or have all the answers
- ☑ A Support Group Leader can contact SADAG and ask for assistance at any time, including to arrange an expert guest speaker
- ☑ Congratulate yourself for making a difference in your community
  No-one is perfect, try not to put too much pressure on yourself

Learning more about Support Groups:

There are many resources available to help you run a successful Support Group

Attend other Support Groups in your area – this will give you insight into how other people run their Groups

Attend different types of Support Groups – attending Support Groups that deal with different topics to your own, can give you a better understanding of how to help people with different needs, or options that are available to them if your Group isn't the right fit

Visit the SADAG website – www.sadag.org New information, interesting articles and newsletters are constantly being added, so make it a regular website to visit

Phone SADAG – We are here to help and guide you, so feel free to call us on 0800 21 22 23 or SMS 32312 for counselling or assistance. Be it personal or for your Group.

Running your group with a Co-Facilitator

- Getting someone to co-run your Group can be a huge help
- It means that there is someone to share the responsibility of the Group with you
- If you move away, the Group can still go on
- If you are sick, or on holiday, the Group can still run
- It also means you have a support system if you have a difficult situation or challenging Group Member

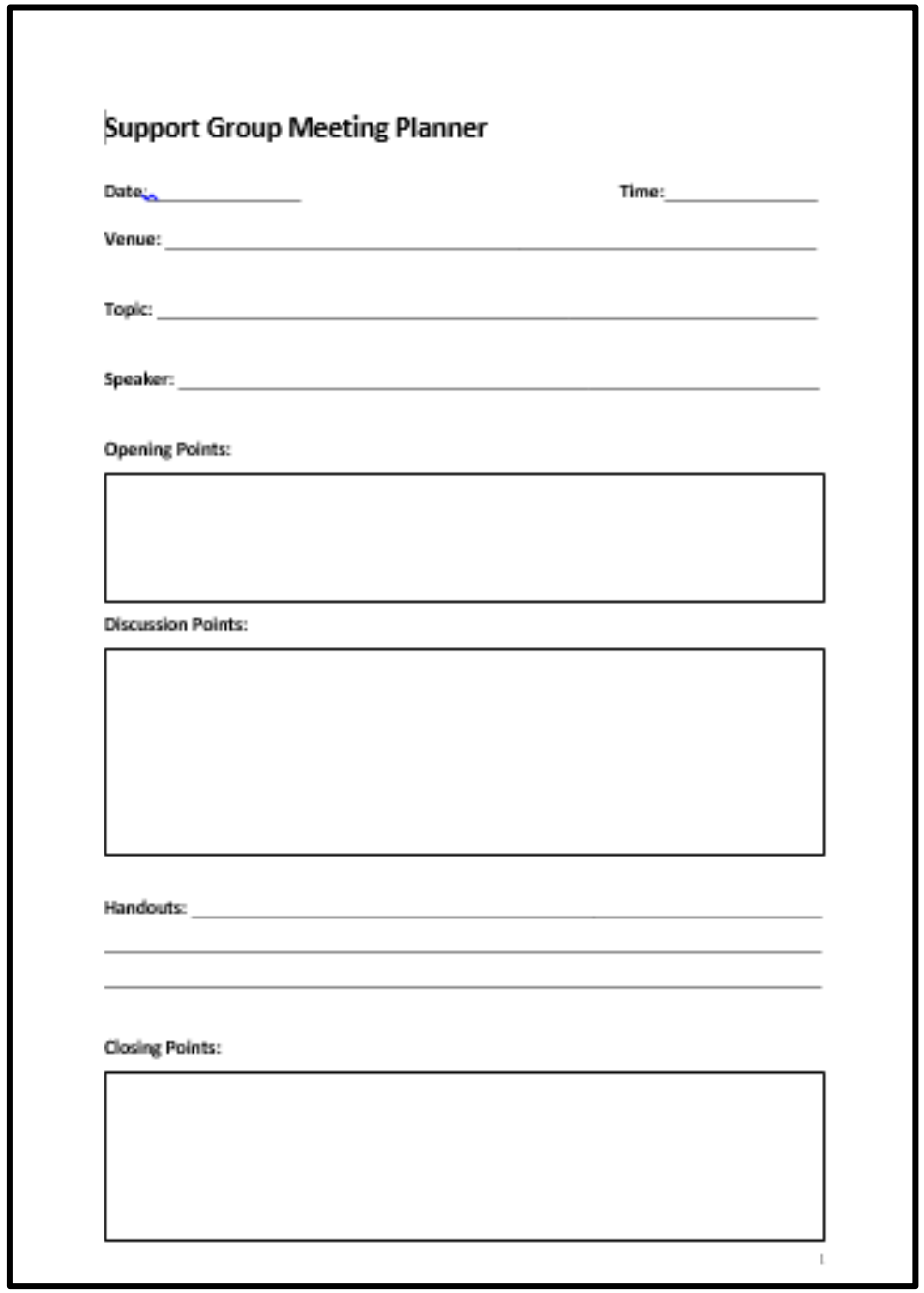
How to find a Co-facilitator

- Pair up with a friend, colleague and even a family member
- Don't have anyone in mind? Reach out to SADAG and we can try and link you with someone else who has shown interest in running a Group.
- SADAG unfortunately can't co-host the Group with you
- We can put you in touch with a pre-existing Support Group Leader, and you can shadow them until you feel ready to launch on your own
- Our Support Group Leader family is incredible and is always offering assistance.
- After starting your Group, you may form a connection with one of your Members, and ask if they may be interested in co-hosting

Identifying a Co-leader in your Group can be very helpful if for whatever reason you need someone to host for you if you are away or unwell – but also in the event that you can no longer run your Group

Preparing for your new role: making sure you feel supported

- Hosting your first meeting can be exciting and daunting at the same time
- Feeling nervous is normal, don't forget we are here for you!
- Use the training videos, presentation slides and Q&A documents to help you
- Use the Support Group Meeting Planner to guide you through the meeting
- Ask a friend, family member or loved one to assist you for the first few meetings – a familiar face makes a big difference.



Support Group Meeting Planner

Date:_____ Time:_____

Venue: _____

Topic: _____

Speaker: _____

Opening Points:

Discussion Points:

Handouts: _____

Closing Points:

Understanding your community and its needs

- Consider the needs of your community
- If your Group meets the community's needs, it is likely to be successful
- Speaking to different organisations and Health Care providers can provide valuable insight about resources that are lacking in your area
- Living in the community where you host your Support Group, means you will have first-hand knowledge about the needs your community
- Friends, family and loved ones who live in your community can help guide you, answer questions and offer support about issues in your community

THINGS TO CONSIDER

What type of Support Group will you run?

- SADAG has many different types of Support Groups
- Each serve different communities and different issues
- Sometimes it is possible to **join two health issues together**
- The Support Group Leader chooses the type of Group he/she wants to run
- SADAG can also provide insight into what Groups are really needed, or what Groups we need more off

- Let SADAG know what type of Support Group you are running so we can:
  - Refer the correct callers to your Group
  - Provide you with materials (leaflets, handouts, articles) that are relevant to your Group
  - Organise relevant guest speakers

WILL YOU RUN YOUR GROUP ONLINE OR FACE-TO FACE?

As is the case with all Support Groups, they are constantly evolving, growing and changing to meet the needs of their communities and members

After completing the training and successfully being approved to run a SADAG Support Group you have a variety of different options available to you. Keep in mind, it's perfectly okay to not do anything after the training until/if you feel ready and comfortable to do so

Hosting an online Group

- you will need to decide if you want to continue online indefinitely
- or if you plan to move to face-to-face

Hosting a face-to-face Group

- You can also choose to launch your Group face-to-face, but keep in mind you will need approval from your venue to do so.

Hosting both a face-to-face and online option (this is often very tricky to navigate and is not recommended)

SADAG does not advise hosting purely WhatsApp Support Groups because:

- In order for Support Groups to be effective they need to feel like a safe, trusting, non-judgemental environment. With WhatsApp Groups where members are unfamiliar with each other it is difficult to create this sense of comfort and security
- Maintaining confidentiality on WhatsApp, especially between 'strangers' who haven't met – be it online or face-to-face is difficult, especially when simply forwarding a message is such an easy reality
- People feel less comfortable and trusting when they have to put things into writing or what they have said can be shared later – this is also why we do NOT suggest recording your online sessions
- Screening of members is essential to avoid 'trolls' – and even then we need to monitor why someone has joined the Group and if the Group is able to meet their needs
- Mediating and monitoring what is being said is much harder when you need to be 'present' for an entire day rather than an hour or two
- It is hard for Leaders and Members to 'really' get to know each other – especially when you can't put a face to a name – and this deprives members of feeling a rapport with others

What have you enjoyed about hosting your Group online (perhaps you were surprised by this)?

- *"It is more structured in a way, people seem more relaxed being in their home environment. You can dictate time much better."*
- *I find that most of my Group Members are quite relaxed during the online meetings and they participate much better."*
- *"You can join in comfort of your home, no traveling, good interaction online. Ensures that everyone gets a good check-in and the Group discusses problems and possible coping skills."*
- *"My Group has gone from meeting face-to-face every 2 weeks to once a week online, Members love it! It is a good way to keep the flow of Member's concerns and issues. This I am finding is incredible support as it is keeping everyone in check"*

What have you struggled with, running your Group online

- *"I have not struggled with anything as I am working remotely from home so can organise all within my timeframes."*
- *"Zoom only allows 40 mins. So we continuously have to log off after 40 min and log on again and sometimes this could be in the middle of a very critical conversation"*
- *"Quite a few members cannot attend as they can't access Zoom due to cost, data etc. Can be overwhelming at times. Difficult for new Members who feel like the "new kid on the block". Not everyone likes to be seen all the time and switch their videos off"*
- *"Online has been more of a chit chat, than a proper sharing session. Most Members don't attend. Quite a few are afraid of the technology. I personally don't like online either as it feels weird talking to people in their homes and they can see mine, my kids pop in, pets etc. It really hasn't worked for us so far"*

What do you miss about face-to-face meetings (during covid)

- *"Physical contact with people and really sharing and being able to pick up feelings etc.*
- *"I miss everyone else that hasn't been able to dial in."*

What don't you miss about running your Group face-to-face.

- *"Traffic and driving 🤪"*

Any other wisdoms/tips/advise you can offer

- *"Be consistent and be yourself! Remember boundaries, so let all have their time to talk online, do not allow one person to take the floor, you are the host so you run the meeting."*
- *"Ice breakers seem to make a huge difference and encourage participation amongst the Group Members."*

General Online Support Group etiquette that everyone will benefit from:

- Background noise can be exceptionally distracting – If you're not talking, mute your mic
- Find a quiet space, where you won't be interrupted by people / and pets
- Where possible, turn on your camera – it feels more intimate, personal and less intimidating when people can see each other, even if it's just at the beginning and end of the meeting. This also makes other members feel more comfortable
- Don't move around
- Place your device on a stable surface
- Think about what others can see in your background. Do you have religious content? An unmade bed? Is there a light source behind you
- Horizontal is better than vertical
- 'Putting your hand up' can indicate you want to talk without potentially interrupting someone
- You may want to put something under your device to make it higher – your camera should be at your eye level
- Don't engage in other activities while attending a Group

Things to keep in mind when looking for a physical venue:

- Will people feel safe and comfortable
- Is the venue easy to get to
- Will people feel safe travelling to the venue
- Is the venue easy to find
- What resources does the venue have?
    - Chairs
    - Table for registration
    - Bathroom
    - Kitchen
- How will you gain access to the venue if your meeting is after hours?

Possible venues

There are many possible venues for you to consider:

- Churches
- Hospital Meeting Rooms
- Clinics
- Public Libraries
- School Halls / Classrooms
- Community halls
- NGO Offices

What other venues can you think of?

_____

_____

_____

Did you know! SADAG can assist you in finding a venue with a formal letter of request?

Seating arrangements can play an important role in the success of your Support Group

- Affect how close the Members will feel to one another
- The best seating arrangement for Support Groups is to **place the chairs in a circle**.
- You can leave the **middle of the circle empty** so that the view for each Member is clear.
- Seeing each other's faces and hand movements help to communicate better.
- The circle allows Members to look at each other closely and make eye contact which **helps build the trust in the Group.**
- Placing a box of tissues in the centre will tell the members that it is OK to show their feelings, even feelings that make us cry.
- No particular 'seat of authority' = everyone is equal

Refreshments

- Food and beverages are always a good way to make everyone feel comfortable in the Group
- They help the Group bond
- However, Food and drinks can be difficult if money is an issue for the Group
- They are not compulsory or necessary – rather a nice to have

A cup of tea makes everyone feel a little bit better but don't feel obligated to provide tea, remember they are here for the Group not the snacks.

There are different ways to try and arrange refreshments:

- Ask Group Members for a donation to help with the cost. It can be R2, R5 or R10 at every meeting, keeping in mind that not everyone will be able to afford this.
- Take turns buying and bringing refreshments on a rotating basis.
- Tea and coffee mini-stokvel
- Ask each Member to bring their own beverage to each meeting to enjoy after the meeting
- Remember it is a Group, and everyone is equal. So ask your Group Members what they feel most comfortable with, and which option (if any they would like to try)

How many members should I have?

- Support Groups come in all sizes.
- **Even two people at a meeting can be a very powerful Support Group**.
- The meeting space or room will indicate how many people can attend.
- **Eight to twelve people is often a nice sized Support Group**
- When there are too many people it can be difficult for every person to have time to talk and share equally.
- If you feel your Group is getting too big consider splitting the Group into two Groups that run at different times, or split the Group into two to run with different Leader. **If you're Group is too big, chat to SADAG about possible next steps**

How often should I host my meeting?

- There is no right or wrong answer. Support Groups can meet weekly, bi-weekly or monthly
- Different Groups have different dynamics and choose to have the Group more or less frequently depending on their needs
- Ask the Group what they think will work best
- SADAG suggests meeting twice a month to start off with
- You can always increase or decrease the frequency of meetings once you have a feel for the Group
- Support Groups often close for the holidays, so make sure to discuss this with your Members
- If you can't make a meeting, try and give your members as much notice as possible. You can also appoint a temporary Support Group Leader to host the meeting on your behalf

How much time should each meeting be?

The length of the meeting depends on how the Group works, the structure of the Group, as well as the number of participants.

1 hour and 30 mins is usually a nice amount of time.

If the Group meets for longer than an hour and a half, take a short break halfway through.

When considering what time your Group should start and how long it should run consider:

- Will members be able to get home (transport)
- Is it safe to end at that time
- What family/work commitments do people have

WHERE TO FROM HERE?

- Thank you, and **CONGRATULATIONS** on attending Part 3 of SADAG's Support Group Leader online Training

- In order to continue with Part 4 of the training and/or to let us know how the training was for you please complete the following evaluation and assessment survey.

- https://www.surveymonkey.com/r/2025SGLTPart3

GROUNDING EXERCISE

5: Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

5: Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.
4: Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the

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4: Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.
3: Acknowledge **THREE** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

5: Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.
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2: Acknowledge **TWO** things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

5: Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.
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2: Acknowledge **TWO** things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.
1: Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

QUESTIONS & ANSWERS

For more information please email
SupportGroups@anxiety.org.za