

# Support Group Kickstarter Guide



Start a support group in your community

As a group leader you can bring people impacted by lung disease together for mutual support, understanding and information. Lung Foundation Australia is here to support all of our group leaders and we invite you to consider working with us to start a group in your community.

## 1. Connect with Lung Foundation Australia

- Chat to us about our support group program
- Learn more about starting and leading a group

## 2. Consider your goals

- Who will your support group be for – patients, carers or both?
- What will be the goals and purpose of your group?

## 3. Gain guidance from the group leader induction

- Access our online induction module to prepare for the group leader role

## 4. Define your group

- Establish your group name, goals and purpose
- Confirm your meeting location (online, face-to-face, or both)

## 5. Register your group

- Complete the Support Group registration form

## 6. Receive your welcome pack

- Facilitation guides, wellbeing resources and promotional materials to help start and grow your group

## 7. Plan for your group launch

- Schedule a meeting or event, create online content, and prepare a welcome message

## 8. Promote your group

- Lung Foundation Australia actions a promotional plan for your group
- Connect with your healthcare team and networks to promote your group

**Welcome** to our support group community!

