



Support Groups

Categories : [Active Military/Veterans](#), [Children and Families](#), [Disability Related Services](#), [Employment and Training](#), [Fatherhood](#), [First Time Mothers](#), [Health Issues](#), [Mental Health Care](#), [Older Adult Programs](#), [Substance Abuse](#), [Youth and Young Adults](#)

DEFINITION

People experiencing life problems and challenges are often helped by participating in a support group. Members of support groups share their experiences, strengths, and hopes and rely on one another for emotional support, information and resources. Support groups exist for a wide variety of illnesses, disabilities, addictions, bereavement, parenting and many other stressful life problems.

TYPES OF GROUPS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

- Professionally-facilitated groups
- Structured Christian-oriented groups
- Online
- Secular 12 step models with or without professional participation
- Groups that use a set of guidelines prepared by a national organization or headquarters
- Groups that have no professional participation or specifically-structured format

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by service names for these support groups below, and to find a complete list of additional groups – go to <http://www.211ct.org>, type in support groups in search, and a drop down list of the complete support groups will display:

- [Adoption and Foster/Kinship Care Support Groups](#)
- [Alcohol Use Disorder Support Groups](#)
- [General Bereavement Support Groups](#)
- [Caregiver/Care Receiver Support Groups](#)
- [Child Abuse Support Groups](#)
- [Computer/Video Game Addiction Support Group](#)
- [Debt/Overspending Support Groups](#)
- [Domestic Violence Support Groups](#)
- [Drug Use Disorder Support Groups](#)
- [Families/Friends of Individuals With an Alcohol Use Disorder Support Groups](#)
- [Families/Friends of Individuals With a Drug Use Disorder Support Groups](#)
- [Gambling Addiction Support Groups](#)
- [Gay/Lesbian/Bisexual/Transgender Support Groups](#)
- [General Addictions/Substance Use Disorder Support Groups](#)
- [Health/Disability Related Support Groups](#)
- [Infertility Support Groups](#)
- [Mental Health Related Support Groups](#)
- [Military Family Support Groups](#)
- [Offender/Ex-Offender Support Groups](#)
- [Parent Support Groups](#)



- [Pet Loss Support Groups](#)
- [Separation/Divorce Support Groups](#)
- [Sexual Assault/Incest Support Groups](#)
- [Sexual/Love Addiction Support Groups](#)
- [Suicide Survivors Support Groups](#)
- [Weight Related Support Groups](#)
- [Widow/Widower Support Groups](#)
- [Women's Support Groups](#)
- [Youth/Student Support Groups](#)

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CONTENT LAST REVIEWED: December2021