Tips for Starting a Peer Support Group on Campus

Since its inception, the Canadian BFRB Support Network has helped a number of individuals begin peer support groups in their area. Among the first support groups was the Guelph Peer Support group, held on campus at University of Guelph. These are tips one of the group's creators shared about starting a support group on campus.

Network

- Make connections
- Send emails
- Make phone calls

Secure access to a reliable and private meeting space

Get the word out!

Some of the people you're networked with may be able to help, but you can also consider

- Student unions
- Posters

Who Should I Network With?

- Mental health program co-ordinators
- Academic advisors
- Residence wellness coordinators

Universities and colleges may have a lot of built-in infrastructure for a support group like this.

At CBSN, we know how daunting a process this can be and how it can be tough to think about it going alone. CBSN can guide you through the process with our Peer Support Leader package, which includes a sample letter for requesting space to hold meetings. Get in touch with **groups@canadianbfrb.org** for a copy of this package.

Learn about existing support group locations by visiting **www.canadianbfrb.org**

Disclaimer

Peer support groups are started by individuals and CBSN cannot be held responsible for the management of these groups.

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