Facilitating Support Groups Online

Resources for Moving Your Support Group Online

Online Support Groups for Survivors- *National Network to End Domestic Violence*
An overview of best practices for digital support groups and different considerations ranging from confidentiality, accessibility, structures, and tools to best support survivors.

Video Conferencing & Digital Communication Platforms: Comparison Chart- *National Network to End Domestic Violence*
Comparison chart to understand different functionality considerations for Cyph, Gruevo, Doxy.me, Zoom, and ResourceConnect.

Tips for Facilitating Online Peer Support Groups- *Academy of Peer Services, Virtual Learning Community*
An up-to-date tip sheet on how to utilize peer groups and facilitation with more resources at the end.

Traditional Support Group Resources

The Power of Social Connection: Developing and Coordinating Sustainable Support Group Programs for Survivors of Sexual Violence, *Orange County Rape Crisis Center and North Carolina Coalition Against Sexual Assault*

The Power to Change: How to set up and run support groups for victims and survivors of domestic violence, *The Daphne Project*

Online Support Group Discussion Topics

Virtual Support Group Topics (from Embrace Online Support Groups)

- Defining domestic violence, sexual violence, and sexual assault
- Culture that creates gender-based violence and sexual assault
- Creating online safety
- Support systems
- Coping and self-care
- Post-traumatic stress and triggers
- Boundaries and healthy relationships