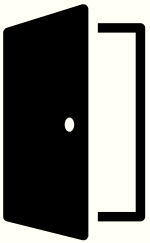


GROUP STRUCTURES DEMYSTIFIED

The group structure defines how the group will orient to new and existing members. It essentially impacts the entire group experience.

OPEN



This group format allows group members to join and leave at any time. It's flexible membership may be more open with less limitations for entry and it is often an ongoing format with a more immediate, supportive community-oriented layout. The experiences are likely to be more dynamic and unique session to session.

This group may be difficult for people looking for consistency and structure of format.

"I want to focus more on community when I need it and I have a busy schedule that does not allow me to commit to a weekly group."



CLOSED



This group format is where membership is fixed once the group begins. This means that no new members can join after the group has started, and the same members meet regularly for a set period. This enhances group confidentiality, cohesion and predictability. Closed groups may require specific membership screening for entry and they often focus on set issues.

This group may be difficult for people who are not ready to commit to a group over a period of time or who want to be in spaces with more dynamic formatting.

"I want a set group of people to grow with who are all working on similar things and I want to be able to stay accountable with an ongoing commitment."