

The Family Service Team delivers **Support Groups** and **Social Support Groups**.

**Support groups**, facilitated by Resource Centre Directors, are structured psychoeducational groups, providing both education and counselling support. The groups include:

- Guided discussions
- Resource sharing
- Help with developing coping strategies

The goals of the **support group** are to provide skill-building opportunities, knowledge, support, and growth.

We also offer Specialized Support Groups. The **Art Therapy Group** is facilitated by a specially trained Resource Centre Director. This group provides a supportive space to explore emotions, reduce stress, and connect with the Huntington disease (HD) community through creative expression.

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**Social support groups**, facilitated by Resource Centre Directors, are casual gatherings. These groups are designed to:

- Reduce isolation
- Foster a sense of belonging
- Build connections

The goals of the **social support group** are inclusivity and strengthening social networks.

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All groups are delivered virtually, in-person, or in a hybrid format. Please refer to the groups in your area for the specific delivery method.

**HSC offers support groups for a variety of different participants. Groups can be for:**

- Carers (persons caring for someone with HD)
- Persons living with HD
- HD community (persons affected by HD and their families)
- French community (Groupe MH nationale de soutien Communautaire)
- Persons at-risk/gene positive

If you are interested in any of these groups or would like to learn more about a specific group, please enter your information at this link. Choose the group you are interested in from the drop-down menu titled "Reason": <https://contactme.cloud/form/huntingtonsociety>