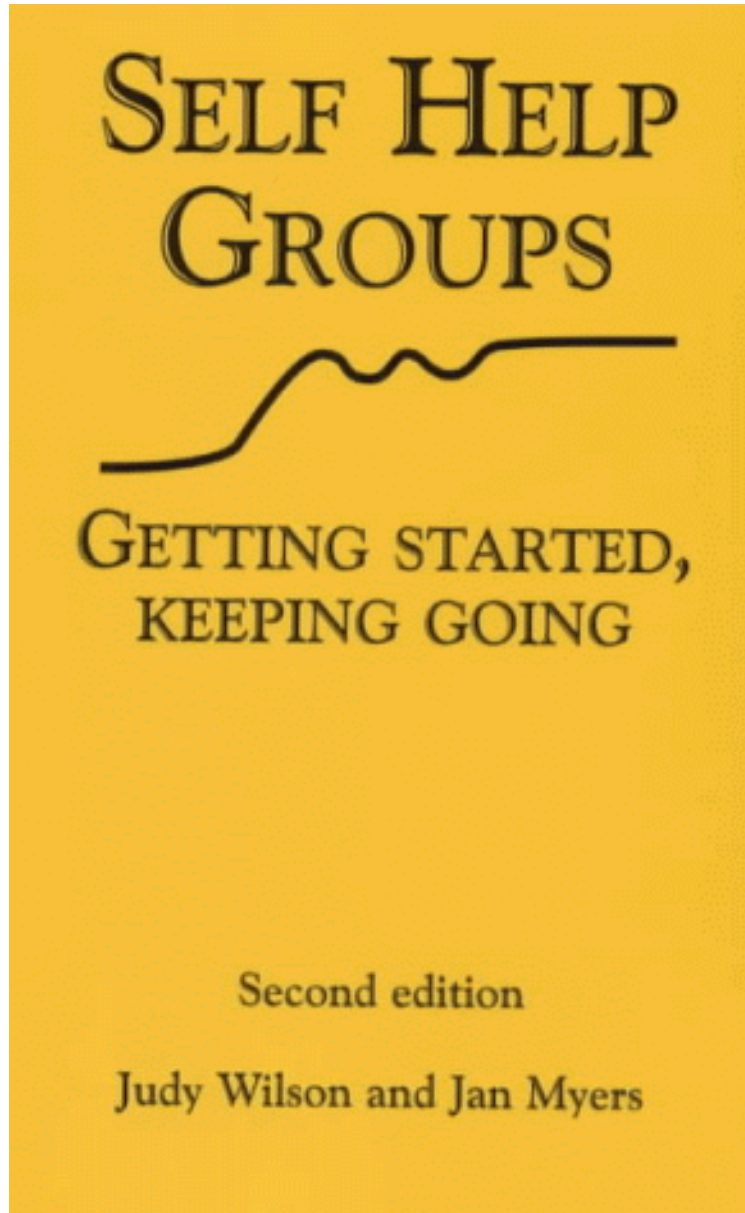


[FREE] Self Help Groups: Getting Started, Keeping Going

Self Help Groups: Getting Started, Keeping Going

Judy Wilson, Jan Myers

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This text provides coverage of everything the reader needs to know in order to start a self-help group and run it. It is aimed at those who want to share their knowledge and experience with others, and learn from others in the same situation. Topics include how to attract and keep members; how to decide what your group should be doing; and how to decide whether you are doing a good job. It also contains many direct accounts of members' own experiences, and to a large extent it is a book by them rather than about them.