

Support groups - Women's and Men's Circles

The role of support groups, in particular women's and men's circles



<https://pixabay.com/en/people-silhouettes-group-gathering-247459/>

“You can't walk that path alone, but only you can do the walking”, from a song of the Zapatista of Mexico

Tag: Social - Building Community & Embracing Diversity
Culture/Worldview - Personal Growth

Challenge:

From keeping up a personal development practice to changing the world, most things we do in life are harder, or cannot be done, alone.

Solution:

Finding a support group that meets regularly or can be activated when you need it, can make all the difference.

Women's circles

Women generally meet to share about their lives, support one another, perform rituals and celebrate.

Men's circles

According to the Mankind Project, this is a place to learn and practice conflict resolution, communication skills, relationship development skills, how to make and meet big goals.

Other examples of support groups or networks:

- Gay, Lesbian, Bisexual, Transgender groups
- Dragon Dreaming – support network for social environmental projects
- NVC – support groups for empathic listening, study or practice of non-violent
- Sangha – Thich Nhat Hanh Buddhist mindfulness practice groups

References:

- <http://redtentdirectory.com> Retrieved March 27, 2015.
- <http://womanwithin.org/> Retrieved March 27, 2015.
- <http://mankindproject.org/> Retrieved March 27, 2015.
- <http://abandofbrothers.org.uk/> Retrieved March 27, 2015.

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