

## WHAT IT TAKES TO BE A SANITY SUPPORT GROUP LEADER

**SANITY Support Group Leaders** may be parents, grandparents, men, women, married, or single. They may be stay-at-home moms or licensed counselors or therapists. They may be pastors, business professionals, or blue collar workers. They may have already experienced a **SANITY** breakthrough, or are desperately in need of **SANITY**. **SANITY Support Group Leaders** are compassionate volunteers who feel in their heart and soul this is something they have been called to do for this season—for such a time as this. Your group can range from five to five-hundred members. You just might be surprised how many people will show interest.

### Group Leader Requirements:

1. SSG Leaders must commit to facilitating 12-weekly sessions
  - a. You may select to have a co-leader which is fine
2. Meetings are held for 90-minutes once a week for a 12-week period
3. SSG Leaders must purchase the Group Leader Start-up Kit
  - a. *The cost of this package can be shared among the group members. Many churches will incur this primary expense as part of their outreach ministry. You can also ask someone to sponsor the cost of the start-up kit for your group.*
4. SSG Leaders must follow the SSGN Guidelines for conducting meetings.
5. Every member must have their own copy of the book; ***Setting Boundaries with Your Adult Children***, as well as their own Companion Study Guide.
6. SSG Leaders must register their group online with the Setting Boundaries corporate office to become an officially sanctioned group. This will enable your group to be advertised on our website, as well as to receive valuable special offers available only to sanctioned groups.

That's all you need to do! That—and be willing to open your heart to help fellow brothers and sisters on the **SANITY** journey to hope, healing and freedom.

If you feel led to assemble a **SANITY Support Group** in your community, please know that we will do everything in our power to assist you. There is a place on our website specifically devoted to Group Leaders, including a Community Forum to encourage and empower you. Ready to begin leading your own SSG? Let's start together on the road to **SANITY!**

Setting Boundaries, LLC - 100 W. Southlake Blvd., #142-600 - Southlake, TX 76092  
[www.SettingBoundaries.com](http://www.SettingBoundaries.com)