



Communities: A Resource for Shared Experiences and Connection

Looking for support is not easy. The first step is rarely a phone call, a search or a conversation. It begins quietly with recognition. As realization shifts from something feels off to this is off, confusion slowly opens the door of awareness. The courage to consider reaching out for help is movement; emotional movement, not yet physical action. One tiny internal step has been taken. The next question is who's out there?

We would like to take a moment to acknowledge that this resource will look and feel different than the others. The reason is because "communities" are not limited. They reach far beyond local, national and international locations. Communities also bring together people through shared experiences, interests and circumstances. Our research has taken us into areas that are not common, not top of mind and not prevalent when researching "community resources."

Our research has uncovered that communities exist in non-traditional areas - Meetup, local Faith-based organizations, CirclesUp App. These resources were found through going repeatedly down different rabbit holes of research. We are sharing our findings with you.

Psychology Today: <https://www.psychologytoday.com/us/groups>

- Searchable support group directory
- In-person and virtual groups
- Organized by topic and geography

HeyPeers: <https://www.heypeers.com/online-support-groups>

- Peer-led online support groups
- Low-cost participation
- Shared lived experiences

ShareWell: <https://sharewellnow.com/support-groups/emotional-abuse>

- Guided peer support communities
- Facilitated by trained hosts
- Virtual participation

Emotions Anonymous: <https://emotionsanonymous.org/>

- Community-based recovery model
- Local and virtual meetings
- Focus on emotional wellness

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Circles: <https://apps.apple.com/us/app/circles-mental-health-groups/id1540905564>

- Community-driven support
- Guided discussions
- Peer and professional facilitators

Peer Voices United: <https://peervoices.org/support-groups/>

- Peer-led support groups
- Virtual participation opportunities
- Shared lived experiences

Pay What You Can Peer Support:

<https://www.paywhatyoucanpeersupport.com/narcissistic-abuse-support-group>

- Flexible participation cost
- Peer-led support
- Virtual accessibility

Harbor House FL: <https://www.harborhousefl.com/get-help/>

- Online Support Group
- Advocate-led workshops and services
- Safety planning, education and local resources

Meetup (Emotional Support): <https://www.meetup.com/topics/emotional-support/us/>

- Topic-specific communities
- In-person and virtual gatherings
- Organized by location and interests

Meetup (Trauma Survivors): <https://www.meetup.com/topics/trauma-survivors/>

- Topic-specific communities
- In-person and virtual gatherings
- Organized by location and interests

Please note: the search terms and parameters we used are vast, unconventional and outside the box. There are no right or wrong words, terms or phrases. Different words and combinations of words will lead to different results. When one search doesn't provide the information needed, feel right or resonate, try again until something hits home. Resources will present themselves.