

PEER SUPPORT GROUPS

Trauma-Informed. Healing-Focused. Connection-Driven.



WHAT IT IS

MenHealing launched virtual peer-led Support Groups in 2021 to address the need for accessible, **ongoing connection with other male survivors** during recovery from sexual harm.

We offer three types of Peer Support Groups: **Alumni**, for men who've attended our Weekend of Recovery (WOR) program; **Community**, to engage men who haven't yet accessed our WORs; and **Partner**, catered to reach a critically important, yet often ignored population.

THE IMPACT


These Support Groups help decrease isolation, anxiety, depression, mood swings, shame, traumatic flashbacks, dissociation sleep, and sexual problems for male survivors & their loved ones.


85% of participants said the Peer Support Group made a difference in their healing journey.


70% reported feeling less isolated in life after participating in the Peer Support Group.


37 Peer Leaders trained since 2024.

HOW WE DO IT

 **Participants are met with understanding**, receiving validation for their experiences and emotions.

 **Peer Leaders co-facilitate the groups** under our supervision. These volunteer survivors utilize their lived experiences & training from MenHealing.

 **We provide tools and psycho-education** for attendees to manage stress associated with trauma.

 **Sessions meet at a recurring schedule** and cost under \$25 per meeting. *Financial assistance is available!*

DISCOVER THE
POWER OF HEALING
IN COMMUNITY

