

Peer Support Group

Attendee Information



Why Peer Support?

When you experience challenges building your family, your whole world view can get turned on its side. Expectations you had for your future are thrown into disarray and it can be difficult to connect with those around you who aren't dealing with this upheaval.

Support and understanding can be hard to come by at times, but when you find your people who can walk next to you on your family building journey it can make a huge difference.

What is an RNE Peer Support Group like?

RNE Peer Support Groups, no matter the topic, follow a structure designed to provide a safe framework for conversation about the wide variety of issues, decisions, and emotions that can arise during the many different paths to parenthood.

Each group starts with a **Welcome** and review of RNE Group guidelines, followed by a brief **Check-In** period where attendees have the opportunity to introduce themselves, an open **Discussion** to explore themes and topics relevant to the group's topic, and a **Wrap-Up** to close the group.

Every RNE Peer Group is led by a volunteer peer facilitator who has experienced, or is currently experiencing, their own family building struggles.

Is there anything else to know?

We ask that anyone attending an RNE Peer Group remember that everyone is at a different point in their journey. **Please come prepared to provide support and validation to others in addition to receiving support yourself.**

Primary Infertility and Childless RNE Groups are only open to people who are not yet parenting, while all other topics are open to people who may or may not be parenting. **To ensure that the RNE Peer Group remains a safe space for everyone, please make sure that children are not visible or able to be heard during the group.**

Please join each group in a timely manner to minimize disruptions, the admission of very late participants, especially in a virtual setting, is at the discretion of the group leader.

RNE Peer Groups are open to all gender identities, unless specifically indicated for a particular group. Some people attend groups as individuals, some with partners.



Our goal is to make sure that no one has to go through fertility and family building challenges alone.

Whether you are looking for someone to listen, [virtual] shoulders to cry on, a little bit of humor, genuine understanding or all of the above, we'd be honored to be your people.