



Inventory of Manuals for Starting and Facilitating Self-Help Groups and Peer Support Programs

OSHNET Program, The Self-Help Resource Centre

This inventory was developed by the Ontario Self-Help Network (OSHNET) to help anyone looking for guidance or considering developing a manual for their own issue or community (using these references, you should not have to completely reinvent the wheel).

The inventory includes both general and "issue-specific" manuals for starting and maintaining self-help groups and peer support programs. The "issue-specific" manuals are sorted under the following headings:

- General
- Abuse
- Addictions
- Body Image/Eating Disorders
- Cancer
- Caregivers/Caregiving
- Ethnocultural
- Employment Related
- Family/Parenting
- Gay, Lesbian, Bisexual, Transgendered
- HIV/AIDS
- Mental Health
- Physical Health
- Seniors
- Women
- Youth.

If you know of any useful (especially Canadian) manuals that are not included on this list, please notify us at oshnet@selfhelp.on.ca or (416) 487-4355, and we will consider them for inclusion the next time we are updating the inventory.

OSHNET is a program of the Self-Help Resource Centre (SHRC), funded by the Ministry of Health and Long Term Care as part of the Ontario Health Promotion Resource System. For more information about OSHNET resources and services, visit www.selfhelp.on.ca. For more information about the Ontario Health Promotion Resource System, visit www.ohprs.ca

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Inventory of Manuals on Starting and Facilitating Self-Help and Peer Support Groups

GENERAL

Getting Started and Making it Work (1991)

Glenna Brandwein, Barbara Brunton, Debbie How, Holly Lendt, Shirley Morris, Linda Nancoo, Ken Rogers, Nancy Tarek. 49 pp. Available for reference only at the SHRC. Permission granted to duplicate. Topics include: starting and maintaining self-help groups.

L'entraide: Guide d'accompagnement pour les groupes d'entraide (1997)

Published by CAP Santé Outaouais. Copyrighted.

Topics covered: This French language publication covers all the basics about self-help/mutual aid, how to start a group, role of the facilitator, and group maintenance issues.

Available for reference at the SHRC.

Making Self-Help /Mutual Aid Work: The Resource Kit (1991)

Ontario Self-Help Network, a program of The Self-Help Resource Centre 221pp. Maybe produced with acknowledgements. Topics include: "Everything you always wanted to know about starting and sustaining self-help groups". \$25.00 SHRC members and self-help groups, \$35.00 self-help organizations and non-profit organizations, \$50.00, professionals and for-profit organizations. Available for reference at the SHRC.

Resources for Self-Help Groups (1990)

California Self-Help Centre. 80 pp. Permission required for reproduction. Topics include: self-help groups management, communication and helping skills. Available from Information Services, California Self-Help Centre and the SHRC.

Self-Help Resource Association – A Guide for Self-Help (1993)

128 pp. Permission required for duplication. Topics include: starting to build a self-help group, facilitation, member-led group. Available at Self-Help Resource Association of B.C and for reference at the SHRC.

Self-Help Group Sourcebook – A guide to Community and Online Support groups (7th edition) (2002)

American Self-Help Group Clearinghouse. Saint Clare's Health Services, Denville, New Jersey. 2002. Includes: how to start a community self-help group, how to find and form online support groups, and self-help research and listings. Available for reference at the SHRC.

ABUSE

Talking It Out: A Guide to Groups for Abused Women (1984)

Ginny NiCarthy, Karen Merriam, and Sandra Coffman. May not be reproduced in whole or part by any means without permission. Topics include: How to begin a group, organization, issues and alternatives, group leadership, group exercises, continuing challenges, preventing burnout. Available for reference at the SHRC.

ADDICTIONS

Quit 4 Life: Facilitator's Guide (2003)

Health Canada, Tobacco Control Programme. 29 pp. May be reproduced for non-commercial purposes. Topics include: Youth smoking cessation, outlines how to facilitate 9 sessions related to quitting smoking. (E) TCP-PLT-questions@hc-sc.gc.ca Also available in French. Available for reference at the SHRC

Stop Smoking: A Program for Women – A Facilitator's Guide (1993)

Also listed under Women.

Marjorie Kert and Sherryl Smith. Addiction Research Foundation. Topics include: stress management, breathing exercises, weight withdrawal, physical activity, session information, resources. Available for reference at the SHRC.

BODY IMAGE/EATING DISORDERS

Self-Help Groups for Eating Disorders: The Tool Kit (2000)

Anne Kerr and Jennifer Poole, 57 pp. Sheena's Place and The Self-Help Resource Centre. Free but permission to reproduce required. Topics include: How to start a SHG, limitations (potential), group type. Available for reference at the SHRC.

CANCER

Guide for Cancer Self-Help Groups: Leadership from the Heart (2000)

Pat Kelly, 176 pp. \$18.95. Reproduction or use only with written permission by publisher. Topics include: starting, organizing and evaluating groups, grief/loss/bereavement sections, challenges of groups. Available from www.chapters.ca and for reference at the SHRC.

Colorectal Cancer Self-Help Group Manual (1999)

Prepared for the Colorectal Cancer Association of Canada by the SHRC. Topics include: How to start, plan and maintain groups, styles of facilitation, roles and communication techniques, crisis control. Available for reference at the SHRC.

Hands on Help: A Manual for Breast Cancer Self-Help and Mutual Support Groups (1996)

Burlington Breast Cancer Support Services. Free for those starting groups. To reprint anything use the following acknowledgement: "This material is reprinted with permission from Hands on Help, a Manual for Breast Cancer Self-Help and Mutual Support Groups, produced by the Breast Cancer Support Network for Ontario Project."; for duplications need permission. Topics include: Starting groups, facilitating and networking, possible projects, activism, resources. Available at Willow Breast Cancer Support and Resource Services(1-888-778-3100) and for reference at the SHRC.

CAREGIVERS/CAREGIVING

A Guide to Starting and Maintaining a Family Council (2004)

Pamela Bailey, 26 pp. Family Councils' Program, Self-Help Resource Centre. Available in English and French. Free but permission to reproduce required. Topics include: starting and maintaining a family council (at long-term care homes), running meetings, developing mission statements, goals and terms of reference, processing concerns, the role of staff, cultural diversity. Download at www.familycouncils.net/manual.html Available for reference at the SHRC.

Caring for Aging Relatives: Facilitator's Manual (1995)

Scarborough Health Department, 174 pp. Free. May be reproduced without permission with acknowledgements. Topics include: Session work and information related to aging, relaxation exercises, etc. Available for reference at the SHRC.

HIV/AIDS Focus Paper #24, June 1994

Also listed under HIV/AIDS

HIV/AIDS Ministries Network. 19 pp. Free. Available online at <http://gbgm-umc.org/health/hivfocus/focus23.cfm> May be reproduced without permission with acknowledgements to Health and Welfare Ministries and authors. Topics include: Handouts for groups such as "10 Characteristics of a Healthy Group", "How to Support Someone Who is Grieving" and "Self-Care for Caregivers". Available for reference at the SHRC

Mobilizing Networks of Mutual Support: How to Develop Alzheimer Caregivers' Support Groups

Lisa Gwyther. \$15 if outside of the U.S. \$10 if inside the U.S. Topics include: written for concerned families and professional helpers, overview of mutual support/self-help groups, predictable pitfalls and outcomes, suggestions for a procedure and strategy for community-based support group development. Available at the Duke Family Support Program at: <http://www.geri.duke.edu/service/dfsp/links.htm>

Series of Publications about Long-Term Care Residents' Councils (2007)

OARC. Included are: "Tell Me About A Residents' Council: Let's Get Started", "Coming to Grips With Groups", "A Residents' Council Road Map for Problem-Solving", "Constitution & By-Laws: A Guide", "Residents' Rights and Responsibilities", and more practical information that will help your council. All publications are \$5.00 per copy. Order forms are available from, <http://www.residentscouncils.ca/publications.asp>

The Family Council Facilitator Manual (2005)

Stephanie Brejnik and Barbara Leja, 100+ pp. Family Councils' Program, Self-Help Resource Centre. Permission required for duplication. Reference manual for the volunteer position of peer facilitators who offer support to emerging and established family councils at long-term care homes within their region. Topics include: role definition, resources for effective facilitation & problem-solving strategies, peer facilitator procedures, activity report forms, etc. Available for reference at the SHRC.

Starting a Self-Help Group for People who have had a Stroke and for their Caregivers (2003)

Also listed under Physical Health

Jenny Barretto, 2003. 35 pp, Heart & Stroke Foundation of Ontario www.heartandstroke.ca/profed Free. May be reproduced without permission with acknowledgements. Topics include: Community resources, recruiting members, transitioning from professionally-led to member-led groups. Available for reference at the SHRC.

EMPLOYMENT RELATED

Handling Unemployment Groups: Leader's Manual (1988)

Ellen Passmore and Roni Chaleff. Canadian Mental Health Association, Metro Toronto Branch. No part (other than handouts) can be reproduced without written permission. Topics include: group dynamics, stages of groups, group leadership, assessing and implementing goals, topics for groups. Available for reference at the SHRC.

ETHNOCULTURAL

Diversify the Source, Enhance the Force; Peer Facilitator Training Manual (2002)

Sonam Dolma and Jennifer Poole. 57 pp. Permission required for duplication. Topics include: volunteering responsibilities and benefits, self-help manual aid groups, community resources, new Canadians. Available for reference at the SHRC.

Myths and Claiming Power Together: A Handbook to Set Up and Assess Support Groups for and with Immigrant and Refugee Women (1994).

May photocopy portions of the books with permission from Education Wife Assault, Topics include: skills/roles of facilitators, setting up and assessing groups, support group models Full copies can be purchased from the organization, plus postage. Available for reference at the SHRC.

Refugee Support Kit – Establishing effective support for Refugees and Asylum seekers within Australia

Mandy Cox and Emma Trenorden. 32 pp. Free. Permission granted to duplicate. Available at: http://www.barc.org.au/cms/files/phatfile/refugee_support_4a.pdf and for reference the SHRC. Topics include: establishing self-help groups for refugees, recruiting volunteers.

FAMILY/PARENTING

Self-Help/ Peer Support Strategies in Maternal, Newborn and Family Health: Examples from the Provincial Landscape (2005)

Best Start and SHRC. Free. Topics include: integrating self-help/peer support into work, peer mentoring, recruiting volunteers, resources and links. Available at the SHRC.

Parents Helping Parents: Training Manual for Home Visitors to Promote Infant and Child Development (1988).

A.S. Macpherson. Department of Public Health. Topics include: Child development (stages), nutrition, dental care, community resources, family planning, safety and problem solving. Available for reference at the SHRC.

A Support Group Curriculum for Children of Separation and Divorce

The Ark. 3 pp. On disk for \$50, online for free. Topics include: session information for professionals to use with children. theark@integrate.bc.ca . Also available for reference at the SHRC.

The Parents in Transition Manual (1999).

Donna Culbert and Judith A. Kennedy. 227 pp. \$30.00 sliding scale. Topics include: A guide for individuals interested in starting and maintaining a community support group for parents of troubling youth. Available to view at the SHRC for purchase from Parents In Transition (416) 481-4543.

Parent-to-Parent Support Manual for Group Leaders (2004).

Parents for Children's Mental Health. 54 pp. Free. Topics include: how to start a support group, leadership development, group expectations. Available at www.parentsforchildrenmentalhealth.org and for reference at the SHRC.

Post Partum Depression and Anxiety: Group Facilitator Manual for Women with Post Partum Depression and Anxiety (2nd Edition)

Also listed under Mental Health

Penny Handford. \$17.00(includes shipping). Material in handouts and articles may be reproduced with acknowledgement; everything else must have written permission by publisher. Topics include: planning support groups, structure of groups, rules, group process, many handouts. Available at Pacific-Post Partum Support Society: <http://www.postpartum.org/tsvmanual.html>

Post Partum Depression and Anxiety: A Reference Manual for Telephone Support Volunteers

Also listed under Mental Health

Pacific Post Partum Support Society. \$80.00(includes the Self-Help Guide for mothers and shipping). No part may be reproduced or copied without written permission. Topics include: manual for those specializing in support by phone for women with post partum depression and anxiety. Available from Pacific Post Partum Support Society at: <http://www.postpartum.org/tsvmanual.html>

Self-Help for Parents of Children with Special Needs: A Toolkit for Parents and Professionals (1996)

Janice MacAulay. Free. May be reproduced freely with acknowledgements. Topics include: finding, starting and maintaining groups, establishing relationships, Part 1: Differences in Common Guidelines for Parent Self-Help, Part 2: Good Links, Guidelines for Self-Help groups working with Professionals, Part 3: Supporting Parent Self-Help Guidelines for Professionals, Part 4: Resources. Available at the Canadian Association of Family Resource Programs, and for reference at the SHRC.

Stepfamily inFormation Project 11: Build an effective co-parent support network and use it!

Peter K. Gerlach. 38 pp. Free. May be cited, quoted, excerpted and/or copied and distributed if given credit to author and Stepfamily inFormation; must not be for profit. Topics include: building effective support groups for stepfamily bioparents and stepparents, many articles and reading materials. Downloadable booklet with all hyperlinks at: <http://sfhelp.org>.

GAY, LESBIAN, BISEXUAL, TRANSGENDERED

How to Start a Bi-sexual Support Group

Bisexual Resource Centre, Boston, MA. This is a link to a resource for starting a bi-sexual support group http://www.biresource.org/pamphlets/start_group.html, also available for reference at the SHRC.

Growing Your Bisexual Group: A Brief Guide to Making Your Bi Group Grow

Bisexual Resource Centre, Boston, MA. This is a link to a resource helping a bi group grow: <http://www.biresource.org/pamphlets/growgroup.html>. Also available for reference at the SHRC.

HIV/AIDS

HIV/AIDS Focus Paper #24, June (1994)

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HIV/AIDS Ministries Network. 19 pp. Free. Available on line at <http://gbgm-umc.org/health/hivfocus/focus23.cfm>. May be reproduced without permission with acknowledgements to Health and Welfare Ministries and authors. Topics include: Handouts for groups such as “10 Characteristics of a Healthy Group”, “How to Support Someone Who is Grieving” and “Self-Care for Caregivers”. Available for reference at the SHRC

National HIV/AIDS Peer Education and Counselling Program

Correctional Service of Canada. CD Program on how to set up an education program for inmates re: HIV/AIDS. Free. Topics include: All elements necessary to start, selection, modules, forms etc. Peer support under supervision of a facilitator. Available to order from:

<http://www.cdcnpin.org/scripts/display/MatIDisplay.asp?MatINbr=31668>

National HIV/AIDS Peer Education and Counselling Program: Women's Component

Corrections Canada: CD Program specially designed to train/provide guidance on how women can help other women as peer volunteers. A supplement to the main manual above. Available to order from:

<http://www.cdcnpin.org/scripts/display/MatIDisplay.asp?MatINbr=31669>

Think Positive: A Curriculum for Peers with HIV/AIDS and Psychiatric Disability (2002)

Also listed under Mental Health

Marie Hamilton, Jessica Jonikas, Lisa Razzano and Judith Cook. 379 pp. \$19.00 US. Topics include: very comprehensive guide on how to start educational support groups, takes into consideration gender, race, and ethnicity(transferable), give many ideas of group activities and communication techniques. Available from the University of Illinois at Chicago National Research and Training Centre on Psychiatric Disability. Available for reference at the SHRC.

MENTAL HEALTH

How to Start and Run your Own Self-Help Group for Adults with Learning Disabilities

Learning Disabilities Association of Ontario. 21 pp. Available from Learning Disabilities Association of Ontario (416) 929-4311 www.ldao.on.ca and for reference at the SHRC.

Parent-to-Parent Support Manual for Group Leaders (2004).

Also listed under Family/Parenting

Parents for Children's Mental Health. 54 pp. Free. Topics include: how to start a support group, leadership development, group expectations. Available at www.parentsforchildrenmentalhealth.org and for reference at the SHRC.

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You Are Not Alone: A Guide for Mood Disorders and Peer Support Groups in Ontario (1994)

53 pp. \$25. Permission granted to duplicate(unless citing specific author in material, where permission is required). Topics include: some information on Mutual Aid Facilitation. Available at Mood Disorders Association (info@mooddisorders.on.ca or www.mooddisorders.on.ca) and for reference at the SHRC.

PHYSICAL HEALTH

Healthy Ways to Prevent Stroke in Your Community: A Facilitator's Guide (2004)

Empowering Stroke Prevention Project, a project of SHRC. Free. May be reproduced if offered free with acknowledgements, permission must be sought from SHRC if for commercial purposes. Topics include: Preventing Stroke: The Basics, Facilitating a Stroke Prevention Activity, Resources. Available at the SHRC.

One-to-One Mentoring Program (Diabetes) (1998)

Canadian Diabetes Association. 7 pp. Permission required from Canadian Diabetes Association to duplicate. Topics include: starting self-help groups, community needs/resources, volunteers – recruiting and training. Available from the Canadian Diabetes Association and for reference at the SHRC.

Support Group Leader's Handbook (Polio) (2004)

National Polio Survivor's Network – Polio Canada(March of Dimes). 51 pp. Free. Topics include: leadership development, committee members roles and responsibilities, group activities, volunteers. Available at Polio Canada (www.poliocanada.com) and for reference at the SHRC. Also available in French.

Starting a Self-Help Group for People who have had a Stroke and for their Caregivers (2003)

Also listed under Caregivers/Caregiving

Jenny Barretto, 35 pp, Heart & Stroke Foundation of Ontario www.heartandstroke.ca/profed Free. May be reproduced without permission with acknowledgements. Topics include: Community resources, recruiting members, transitioning from professionally-led to member-led groups. Available for reference at the SHRC.

You Can Do It! Starting an Arthritis Support Group (1986)

Beryl Petty and Mish Vadasz. Topics include: video and manual, definitions, decisions to make(organizing leadership facilitation, problem solving, etc), topics for sessions, think sheet – questions to ask when wanting to start a group. Available from the Arthritis Society(B.C. and Yukon Division) and for reference at the SHRC.

SENIORS

Self-Help Canada Series: Seniors and Self-Help

Randi Fine. Topics include: Why is seniors' self-help important, kinds of self-help groups and strategies that meet seniors' needs, what do seniors' self-help groups look like. Available in English and French from the Self-Help Resource Centre for reference or photocopy.

The Senior Connection: A Manual for Personal Growth and Senior Peer Helping (1987)

Sandra Samuels and Priscilla Cole. \$10.00. Topics include: leader's materials and participants workbook, co-leader training, session information. Available at The Senior Peer Helping Centre and for reference at the SHRC.

WOMEN

Changing Places (1989)

Linda Lawyer, Sheena MacDonald Lowson, Leslie Timmins. 53 pp. \$10. Topics include: transition for group facilitators, mutual support groups. Available for reference at the SHRC.

Stop Smoking: A Program for Women – A Facilitator's Guide (1993)

Also listed under Addictions

Marjorie Kert and Sherryl Smith. Addiction Research Foundation. Topics include: stress management, breathing exercises, weight withdrawal, physical activity, session information, resources. Available for reference at the SHRC.

Working Together for Change (Volumes 1, 2 and Workbook) (1984)

Vol. 1 – 150 pgs, Vol 2 – 177 pgs, Training Manual – 78 pgs. \$60 each. Permission required from North Island Women's Services Society to reproduce. Topics include: peer counseling, operating a self-help group. Available at Ptarmigan Press and for reference at the SHRC.

YOUTH

Facilitate This! Youth focused Facilitation

Self-Help Resource Association of B.C. 107 pp. Topics include: youth self-definition, self-expression, developing trust relationships, learning decision-making skills. Available at the Self-Help Resource Association of BC and for reference at the SHRC.

Quit 4 Life: Facilitator's Guide (2003)

Also listed under Addictions

Health Canada, Tobacco Control Programme. 29 pp. May be reproduced for non-commercial purposes. Topics include: Youth smoking cessation, outlines how to facilitate 9 sessions related to quitting smoking. (E) TCP-PLT-questions@hc-sc.gc.ca, and for reference at the SHRC. Also available in French.

Young and Old Together: A Resource Manual for Developing Intergenerational Programs (1987)

Ministry of Citizenship, Government of Ontario. Topics include: programs already in existence, integrating the programs into the community, legal concerns. Available for reference at the SHRC.

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