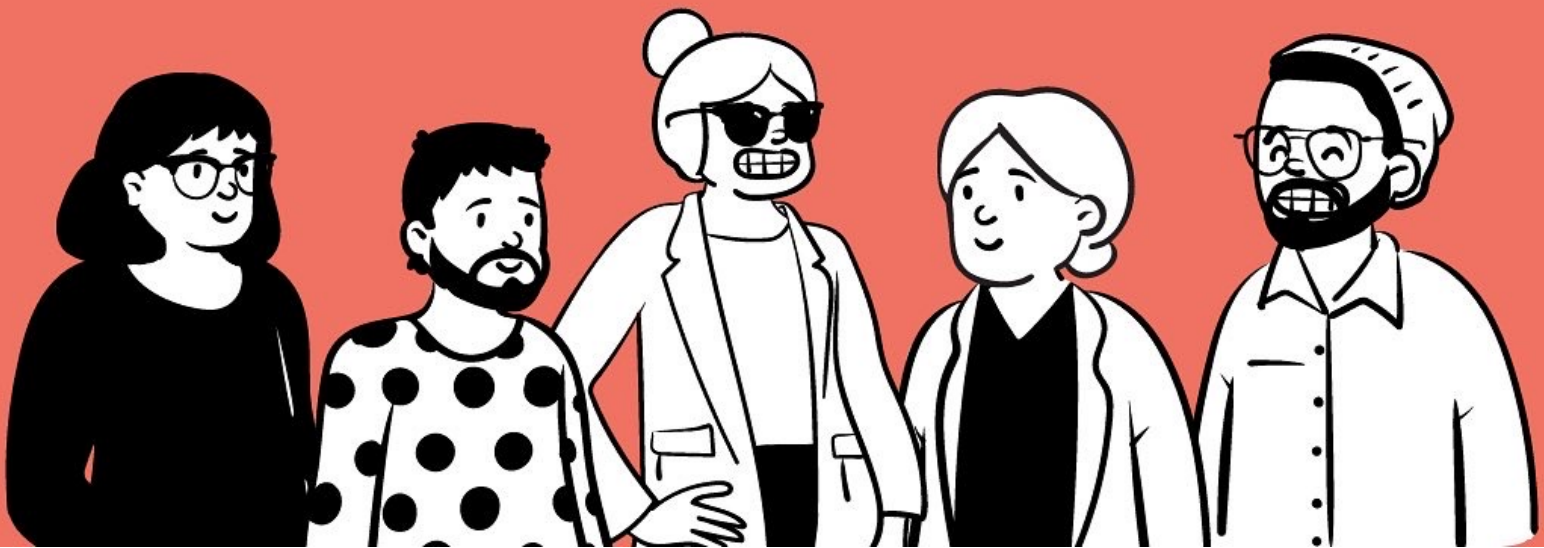


LIFT + LOVE

RECENTLY, WE ASKED  
PEOPLE WHO DON'T ATTEND  
LIFT+LOVE SUPPORT  
GROUP MEETINGS:

“WHAT CONCERNS DO YOU  
HAVE ABOUT ATTENDING A  
SUPPORT GROUP?” ...

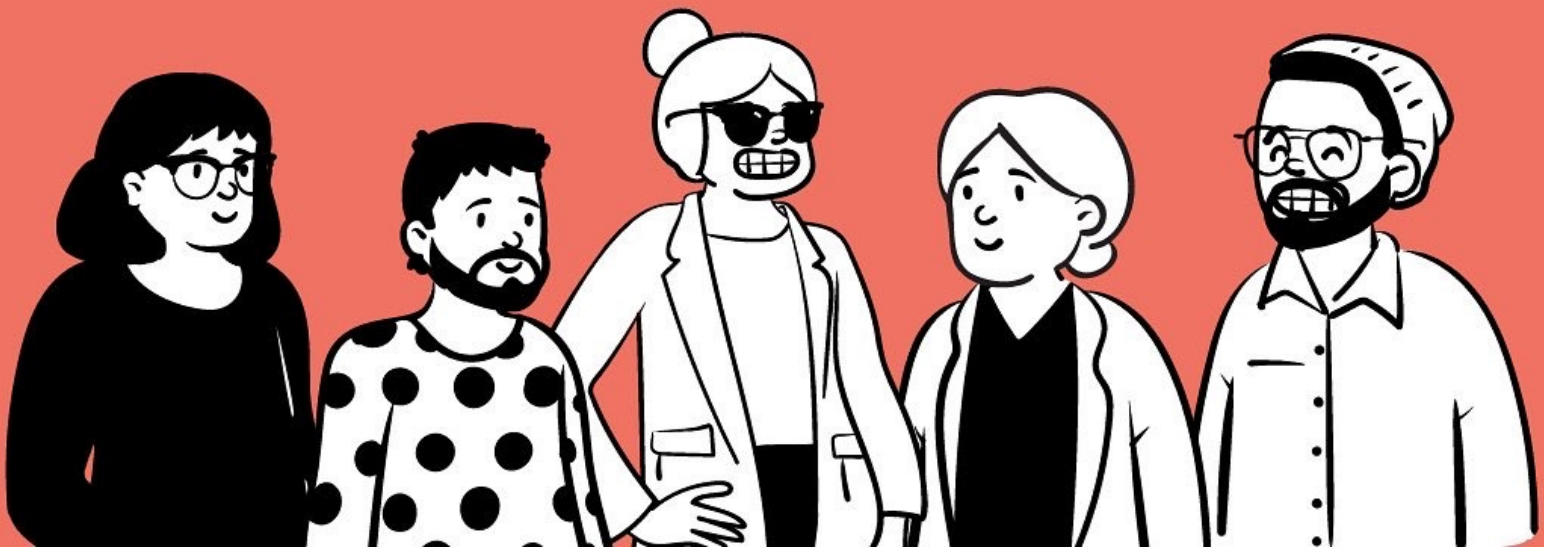


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THEN WE ASKED LIFT+LOVE FOLLOWERS:

BASED ON YOUR OWN  
PERSONAL EXPERIENCES  
WITH LIFT+LOVE SUPPORT  
GROUP MEETINGS...

**HOW WOULD YOU  
RESPOND TO THESE 3  
COMMON CONCERNS?**





## **"IT WILL BE HARD TO TALK ABOUT MY STRUGGLES WITH PEOPLE WHO I DON'T EVEN KNOW..."**

"Joining (a) support group took me from fear & worry to being loved and supported and that made all the difference"

"(For me), it turned out to be easier to talk to strangers in the group, because I don't see them later at church/work/school"

"You can always attend as an observer. You will learn a lot in one hour!"

"some days are hard and you don't feel like opening up and that's ok. Just being with a group of moms who TOTALLY understand what you are experiencing is sometimes enough to keep going"

"It's incredibly relieving to talk and listen with people who understand"

"Nobody knows what you are going through more than others who are walking the same lonely road"

"It's amazing to see how similar a stranger's struggles are to your own and (to realize) that they might understand you the most"

"I've found the (support groups) to be very accepting & comforting"

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## **“I’M WORRIED...THAT I (OR MY CHILD) COULD BE OUTED IF MY FAMILY/FRIENDS FIND OUT I ATTEND SUPPORT MEETINGS”**

“I have found this space to be incredibly safe”

“Lift + Love has always felt like a safe place, like coming home. You can join the zoom meetings without your camera on and change your zoom name for anonymity. But I think you’ll find that it’s not necessary for long”

“If anyone understands the need for confidentiality, it is this group”

“Confidentiality is essential and supported in this environment”

“These Mamas (in the parent support groups) know the importance of keeping our kids safe. You can trust us”

“We know what is at stake and want you to stay safe”

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**“I’M ACTIVE IN THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS. I’M CONCERNED THAT GROUP MEMBERS MIGHT ENCOURAGE ME TO LEAVE THE CHURCH”**

“I haven’t felt that pressure at all. I feel supported in doing what works best for my family”

”Most are there because they are trying to stay (in the church), not leave”

“I would be completely inactive (in the Church) without these meetings”

**“This group of people understand the importance of honoring individual journeys”**

“Sometimes I want to leave (the Church), to be honest. These meetings actually HELP me stay”

“Every type of situation seems to be represented, so much empathy and no pressure”

“All support groups are not created equal. Rest assured, Lift+Love (support groups) are faith-affirming”

”It’s a zero judgement zone”

“We hold space for everyone, where they are at”

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