

Saying Good Bye



For some people saying “good bye” at the end of a series of group meetings is hard. It’s important to tell people in a clear way that the group will meet for only a certain number of meetings. When there are two meetings remaining, gently remind the attendees that few meetings are left. The anticipatory guidance helps people cope with saying good bye.

The agency may or may not offer follow-up groups or booster sessions. It’s important to communicate what other classes or meetings are available at the agency or in the community. Some people may have established relationships with each other, so they will continue to meet outside of the group. Others may formalize their informal group so that it takes on a life of its’ own.