

# 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 3 types of Peer Support Groups: **Alumni**, for men who've attended one of our programs (ex. Weekend of Recovery, Community groups); **Community**, to engage men who haven't yet accessed our programs; 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** with a low cost fee per group. Please see our website for more information.

*Financial assistance is available!*

DISCOVER THE  
POWER OF HEALING  
IN COMMUNITY



If you need more information or have questions, please email Sharon at [sharonimperato@menhealing.org](mailto:sharonimperato@menhealing.org).