



## Discovering selfhelp –

### Starting and organizing selfhelpgroups

#### Ort

Selbsthilfe- Informations- und  
Beratungsstelle Mitte, StadtRand  
Perleberger Str. 44  
10559 Berlin

#### Datum | Zeit

Donnerstag, 4. November 2021 |  
18-21 Uhr

#### Leitung

Arbeitskreis Migration

#### Kosten

5 € (kostenfreie Teilnahme für Berlin-  
Pass-Inhaber\*innen)

#### Anmeldung

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All over Berlin people are meeting in selfhelpgroups. They are trying to cope with difficult situations in a community of others who are facing the same problem. All members participate actively - no professionals are involved in the meetings. That helps to become independent and selfconfident. Together they experience:

- to be understood,

because others also know what you are going through

- to take matters into one's own hand
- to learn from each other

This training wants to show how selfhelpgroups work. Many examples will show how meetings may be organized and where to be aware of difficulties. At the end of the training the participants will hopefully be enabled to start a group themselves.