

# Welcome, and thank you for visiting our support group!

## MISSION & PURPOSE

Our Support Group recognizes the challenges of living with a balance disorder and provides an opportunity for those coping with inner ear disorders to share their stories, find understanding and support, and increase awareness of vestibular disorders through group discussion, informative sessions, and access to helpful resources.

Support group meetings are intended for those personally affected by dizziness and balance impairment (and concerned loved ones) so that they might find hope and be encouraged in the realization and affirmation that they are not alone in their struggle with vestibular illness.

## MEETING GUIDELINES

- ◆ Facilitators guide group discussions. Members each have equal voice, ownership, and opportunity for involvement.
- ◆ Respect and listen to each other.
- ◆ Maintain privacy & confidentiality of members and support group discussions.
- ◆ Consider your impact on others when sharing personal experiences.

## MEETING SCHEDULE & CONTACT INFORMATION

You may choose to attend all our meetings or just a few – however you choose to participate, we welcome you! Rest assured that we maintain full confidentiality and will not share your contact information without your express consent.

Location Name: \_\_\_\_\_

Address: \_\_\_\_\_

Meeting Schedule/Time: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone/E-Mail: \_\_\_\_\_

## RESOURCES

We encourage you to review the wealth of information available on **vestibular.org**, where you'll find explanations about the different types of vestibular disorders, articles on health and wellness, and a directory of medical providers who specialize in vestibular disorders. You can become a member of the Vestibular Disorders Association to receive their quarterly newsletter (as a participant of this support group you receive a 25% discount on VEDA membership fees – please ask your support group facilitator for a discount membership coupon). **For more information on the Vestibular Disorders Association you can contact them at (800) 837-8428, or via email at [info@vestibular.org](mailto:info@vestibular.org).**

*Governance: This support group is a member of the VEDA Support Group Network. VEDA provides information and materials to the support group facilitator but does **not endorse any support group leader or facilitator individually**. Members of the VEDA Support Group Network operate autonomously. Support group leaders/facilitators are not employed by or volunteers of VEDA.*

*Disclaimer: The information shared and opinions expressed by group leaders & members at monthly support group meetings are personal and non-professional and should not be taken as medical advice. For specific guidance regarding personal health questions, we strongly advise consultation with a qualified health care professional for clinical examination and evaluation of your particular circumstances and medical history.*