

Introduction to Neutral Ground Support Organization Inc.

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Website: Neutralground1.com

Meetup: [meetup.com/Neutral-Ground](https://www.meetup.com/Neutral-Ground)

Facebook: [facebook.com/neutral.ground.3](https://www.facebook.com/neutral.ground.3)

Neutral Ground is a peer support group for people, who are divorced, widowed, separated, or ending a significant relationship. We are a non-profit organization, that is open to all adults and has no religious affiliation.

Neutral Ground meets at Henrietta UCC, 1400 Lehigh Station Road, Henrietta, every Thursday except Thanksgiving, from 7-9 PM.

Many "single again" people find it difficult to cope with the anguish and uncertainties of losing a partner and fear facing the world alone. Feelings of isolation, anger, sadness, fear, guilt, confusion and loss of self-esteem are common among people who are separated, divorced, widowed or ending a long-term relationship.

Since the 1970's, Neutral Ground has provided groups for people to express and share their thoughts and feelings in a secure, confidential, non-judgmental environment. We help you to develop a firmer foundation on which to rebuild your life.

Neutral Ground offers informal peer support groups led by trained peer facilitators. All groups meet from 7 to 9 PM on Thursday evenings. A modest fee is charged for groups and membership. Registration dates may be obtained by calling (585) 234 -2212 or by visiting our website at neutralground1.com **Coffee time is held from 6:30 PM until 7 PM for the evening's participants.**

Orientation

Orientation is for people new to Neutral Ground. **We hold Orientation monthly on 1st and 3rd Thursdays at 7 PM.** *Please plan to join us during coffee time.* At Orientation, you will learn more about what Neutral Ground is, and what we do. Orientation is one evening only, a meeting that will usually last for about two hours. In Orientation you will learn about various Neutral Ground groups. You will also learn about membership in Neutral Ground, how to register for different groups, and volunteer opportunities. A modest donation is requested for Orientation.

You don't need to contact us first. Just show up, and our friendly Greeter will show you the way from coffee time to Orientation. It's lots easier after this first step...

Groups

Open Group: For those members whose schedules make it impossible to commit to regular attendance, and for new members joining between closed group registration sessions, an open group is provided. A small donation is requested at each open group meeting.

STARTING OVER - This group is for those still working through the crisis issues of a breakup, a separation or divorce. It is also a group for those waiting to sign up for a closed group. You are not committed to a nine week session, do not have to join Neutral Ground immediately and can come when it is possible.

Closed Groups: The following groups form 3-4 times yearly, in January, April, July and October for 8 to 10 weeks.

FIRST GROUP - This is for the individual who is dealing with painful issues and grief due to loss of a relationship. Significant healing begins in this group. There is a lot of bonding in First Group and it is here that you may meet and make lifetime friends.

REBUILDING I - Covers chapters 1-10 of the book Rebuilding: When Your Relationship Ends, 3rd Edition, by Drs. Bruce Fisher & Robert Alberti. (*Note: Books are available at Amazon .com & Barnes and Noble*) This group deals primarily with the emotional fallout from loss of a relationship and how to deal with the anger, fear, guilt, etc. This group is for individuals who have completed First Group.

REBUILDING II - This group is for those who have completed Rebuilding I. It covers chapters 11-20 of the REBUILDING book. This group primarily deals with the tasks and challenges of creating and sustaining a new healthy life.

WIDOW/WIDOWER - This group is for anyone who has lost their partner through death. Topics discussed will include, but not be limited to: grief, loneliness, relationships with family and friends, and rebuilding your life after loss. Group input for topics to be discussed is highly encouraged. *You may join this group at any time.*

MOVING FORWARD - This group is for those members who have finished Rebuilding II, to discuss issues in our lives as singles. Each week we will be discussing a different topic to help those who are trying to keep moving forward in their lives. *You may join this group at any time.*

Special Programs

Several times a year Neutral Ground presents special programs featuring guest speakers on topics of interest to our members. These programs are also held on Thursdays, 7 to 9 PM. Special Programs are announced in advance.

Social Activities

Neutral Ground's Social Committee plans special events each month. The activities are designed to help develop close personal friendships, to enrich each member's social growth, and to provide a comfortable environment for socializing.

Our social activities include parties, trips, tours, theater, wine and cheese parties, dinners, cards, game nights, sporting events, bowling and special holiday events as well as our monthly dance.

A monthly newsletter, e-mail and our website inform members of these events.

Members are encouraged to participate in, suggest events, and to help plan social events. Everyone is always welcome to join our Social Committee.