



## *Significant Other Support Group (SOS)*

All those who attend Chrysalis meetings may extend an invitation to someone close to them to join the Significant Other Support Group ("S.O.S"). This initiative was founded upon the need expressed by relatives and partners who have attended the Meetings Centres as the guests of Beneficiaries. The invitation is extended to all significant people in their lives.

The Groups has been created to enable those close to someone, who is the process of transitioning, to have a chance to express and explore their own needs. It is open to all who are supporting a transitioning transgender person through their life journey.

It is the intention of Chrysalis to dissuade those who are transitioning from bringing significant people to the Meeting Centres. Chrysalis would rather encourage those who are close to a transitioning person to have a safe place where their own needs are recognised. We do however recognise that there may be people in need of support who do not have a relative within Chrysalis.

The SOS group is open to anyone supporting someone who is transitioning whether they are already a part of Chrysalis or not.

The SOS Group are once a month. Each area has a different meeting arrangement: by holding them on a different evening we hope that we may enable easier access.

The Chrysalis SOS Group facilitator has experience of supporting significant others of those who are transitioning and they are not attached to another Chrysalis Group. This is a deliberate choice in this way there should be no conflict of interest between those who attend the SOS group and those who attend the Chrysalis Meeting Centres.

The Group facilitator can be contacted via the Chrysalis telephone. There is also opportunity to have one to one counselling outside of the group meeting with our experienced counsellors.

We ask all those who attend to please keep the location of the SOS group confidential.

**For more information**  
**Telephone: 01489 589111 (Office)**  
**Or e-mail [info@chrysalis-qii.co.uk](mailto:info@chrysalis-qii.co.uk)**  
**or see our Website at**  
**[www.chrysalis-qii.co.uk](http://www.chrysalis-qii.co.uk)**