

? What can membership in the Rifugio Self-Help Group offer you?

- new friendships and valuable contacts in a new environment
- important information on how things work in Slovakia
- support from a group of people going through similar difficulties
- advice on how to adapt and integrate as best as possible
- exchange of practical experiences on how to overcome difficult situations
- the opportunity to share and have your own community.

? How to join the Rifugio Self-Help Group?

Request to join the group via application on WhatsApp number:
+421 948 202 690.

The group administrator will verify your membership in the Rifugio project and will provide further information.



YOU'RE NOT ALONE!

explore

SELF-HELP GROUPS



Rifugio II

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and experience the power of mutual help ❤️

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Are you feeling lost in your new environment?

Are you looking for a friend who is in a similar situation as you?

Are you willing to offer support and share experiences with others?

Join the "Rifugio Self-Help Group"!

? What is the Rifugio Self-Help Group?

The Rifugio Self-Help Group is a voluntary group of people that provides a safe environment for sharing experiences, and challenges, and offering mutual support. The Rifugio Self-Help Group is available for clients within the project to support and assist persons with international protection.

? What is the purpose of the Rifugio Self-Help Group?

The Self-Help Group brings together people with similar life experiences. Its members are therefore able to understand the difficulties of other members well. The group helps its members overcome problems, prevent loneliness, and serves as a space for communication, sharing experiences, and exchanging important information that can ease the process of integration after arriving in a new country. This can positively affect various aspects of life such as employment, leisure, housing, and interpersonal relationships.

? How does the Rifugio Self-Help Group work?

The Rifugio Self-Help Group meets regularly according to the agreement of its members. Meetings are held online, but the Rifugio team also occasionally provides the option for in-person meetings at its facilities. The meeting is "led" by one of the group members. This person does not hold a special leadership role (s/he is an ordinary group member); s/he just moderates the meeting, keeps the discussion going, and may set the topic of the meeting. The group members take turns in this role. Participation in group meetings is voluntary and does not need to be regular. Therefore, the group is not always the same, and individuals attend meetings according to their availability and needs. The activities of the Self-Help Group are monitored by a psychologist

who assists the group in resolving more complex issues or, upon agreement, provides various training or skill development sessions.

? What are the basic rules of the Rifugio Self-Help Group?

- Freedom – Members are free to express their opinions and views and they are free to participate in activities within the group. At the same time, members reverence the freedom of others.
- Respect – Members respect each other's differences in religious, ideological, or other views; any form of intolerance is unacceptable.
- Equality – All members are equal, their interaction is characterized by cooperation, understanding, and solidarity; there is no room for any discrimination in the group.
- Confidentiality – Topics and issues discussed in the group remain within the group. Sharing information outside the group and involving an external person (such as for various types of assistance) is only allowed with the explicit consent and request of the individual concerned.
- Apoliticism – The group does not promote any political views, does not engage in public discussions, and does not take a stance on social/political events.
- Non-compliance with the rules will lead to exclusion from the group.

? Who can become a member of the Self-Help Group?

You can become a member of the Rifugio Self-Help Group if:

- you are a client of the Rifugio project
- you seek support, inspiration, and hope in addressing difficult life situations through communication with others
- you are willing and able to help others within your abilities and be a source of support
- you are motivated to talk about yourself with others, be open, and provide feedback to others
- you are able to function within a group and are interested in building relationships.