

Empath Support Group

Mission Statement

Empath support groups are meant to provide a circle of support for empaths everywhere so we don't feel alone anymore. They are solution-oriented meetings which educate empaths about their gifts and challenges of their sensitivities.

Though it is important for empaths to express their feelings, the group functions best when it remains solution-oriented rather than simply a place vent. Suggested time is 60-90 minutes. Have fun and grow strong!