

Dear Team,

I hope this message finds you well. I am writing to inform you that I have decided to step down from my role in the support group, effective [last date of participation].

It has been a privilege to work alongside such compassionate and dedicated individuals. I am grateful for the support, kindness, and encouragement I have received during my time here.

As I move forward, I will carry with me the memories and lessons learned from our time together. I wish you all continued success in your efforts and hope to stay in touch.

Thank you for everything.

Sincerely,

[Your Name]