

Dear [Support Group Name] Members,

I hope this message finds you well. I am writing to inform you that, due to personal reasons, I have decided to step away from the group.

It has been a truly valuable experience, and I am grateful for the support and friendships I have found here. I will cherish the memories and the kindness shared among us.

I wish all of you continued strength and success in your journeys. Thank you for understanding.

Sincerely,
[Your Name]