

Notification of Exiting Support Group

Date: [Insert Date]

Dear [Group Leader's Name],

I hope this message finds you well. I am writing to formally notify you of my decision to exit the [Name of Support Group] effective [Last Day of Participation].

This decision was not made lightly, as I have greatly valued the support and camaraderie within the group. However, due to [brief reason if comfortable sharing, e.g., personal commitments, changes in circumstances], I believe it is best for me to step away at this time.

I want to extend my heartfelt gratitude to you and all the members for the encouragement and understanding over my time here. I will cherish the memories and lessons learned during our meetings.

I wish the group continued success and support for all its members. Thank you again for everything.

Warm regards,

[Your Name]

[Your Contact Information]