

# Transition Letter

Date: [Insert Date]

Dear [Support Group Leader's Name],

I hope this message finds you well. I am writing to formally inform you of my transition from participating in the [Support Group Name]. This decision has not come easily, as my time spent with the group has been invaluable in my journey.

Over the past [duration of participation], I have gained tremendous insights and support from our meetings. I am grateful for the friendships formed, the understanding shared, and the personal growth I have experienced. However, after careful consideration, I believe it is time for me to explore new challenges and opportunities.

I want to extend my heartfelt thanks to you and all the members for creating a safe and nurturing environment. I will always cherish the moments we shared and will carry the lessons learned with me.

Please let me know if there are any formalities to complete or if my contributions can continue in a different capacity.

Wishing everyone continued strength and support.

Warm regards,

[Your Name]

[Your Contact Information]