

For More Information

Still interested? If you think you're ready to start your own Friends of IANDS group, complete and send the attached coupon. We'll send you a complete package with more information about:

Information Regarding:

- ✓ Support Groups
- ✓ Interest
- ✓ Study Groups
- ✓ IANDS Policies
- ✓ Working with the Media to Start a Group
- ✓ IANDS as an Organization

Guidelines About:

- ✓ How to Start a Group
- ✓ Fundraising
- ✓ Publicity



Mission Statement

IANDS mission is to respond to people's needs for information and support concerning Near-death and similar experiences and to encourage recognition of the experiences as genuine and significant events of rich meaning.



The International Association for Near-Death Studies, Inc.
P2741 Campus Walk Ave, Building 500
Durham, NC 27705



*Interested in Starting a
Friends of IANDS
(FOI) Group?*



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The International Association for Near-Death Studies, Inc.
2741 Campus Walk Ave, Building 500
Durham, NC 27705
(919)383-7940
Web site: www.iands.org
e-mail: services@iands.org

I am very interested in Starting a FOI Group. Please send me more informationWhy do you want to start a group? _____
(*Serious inquires only please.*)

Are you currently a member of IANDS? Yes _____ or No _____

Name _____

Address _____

City _____

State/Province _____ Zip _____

Country _____

Telephone: Work (_____) _____

Home (_____) _____

E-mail address: _____

Proposed group will meet in

City _____

State/Province _____

Country _____

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On your mark...

...Pre-Planning

Focus, focus, focus.

Early on, decide the group's purpose and stick to it. Do you want a support group primarily for experiencers or a study and discussion group for the general public? Your purpose will determine which people you invite and the program structure once they arrive. Better two satisfied groups than one in shambles. IANDS recommends that groups start out open to the public. Most groups benefit from the mix of interests.

Start small.

It is easier to grow than to manage a large group at the very beginning.

Keep it simple.

At the exploring stage you need only a handful of people, someone's kitchen table, and a couple of hours a month for quiet discussion. Officers, letterhead, and rented meeting space can come later.

Get Set . . . Finding people

Tell every sympathetic person you know what you are planning to do, invite them to attend, and ask for their suggestions about finding others. This applies both to experiencers and to other interested people, depending on your focus. Place announcements in local papers. Some places and people to contact:

- ◆ Nurses and hospital personnel (remember the Visiting Nurses, too);
- ◆ Physicians and emergency personnel;

Each local group is financially independent of IANDS. IANDS accepts no responsibility for financial agreements made by a local group without the express written authorization of IANDS' treasurer or another member of its Executive Committee.

- ◆ Funeral directors, workers in nursing homes and hospices;
- ◆ Clergy; counselors and therapists; social workers;
- ◆ Groups for bereaved parents, victims, the terminally ill;
- ◆ Teachers of home economics, life skills, death and dying
- ◆ Word of mouth also works.

Go . . . Guidelines

You're ready to hold your first meeting. All IANDS FOI's must agree to the following Guidelines:

- It allows freedom of interpretation of NDEs and similar experiences and does not proselytize any single point of view;
- It provides support not therapy;
- While fostering the free exchange of ideas through open discussion, it safeguards the stability of its participants by not demonstrating or teaching techniques which are known to have been emotionally hazardous for some individuals;
- The leader of any IANDS group is a member of IANDS.
- Within a year of formation the group holds IANDS research membership in its own name;

That's basically it! A group operating in accordance with these policies may use the name IANDS- [town], or Friends of IANDS- [town], or may choose another name.