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.
I am very interested in Starting a FOI Group. Please send me more information. (Serious inquiries 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: _______________________________________________

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;
- 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;
- 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.