

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Organization/Group Name]  
[Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my interest in joining the PTSD support group that you facilitate. I believe that participating in this group could greatly benefit me as I navigate my journey with PTSD.

Having experienced [briefly describe your experience, if comfortable], I understand the value of shared experiences and support. I am looking for a safe space where I can connect with others who understand and can offer empathy and encouragement.

I would greatly appreciate any information regarding meeting times, location, and membership requirements. Thank you for your dedication to helping those affected by PTSD, and I look forward to the possibility of joining your group.

Sincerely,  
[Your Name]