

How to Find Facebook Groups on a Laptop

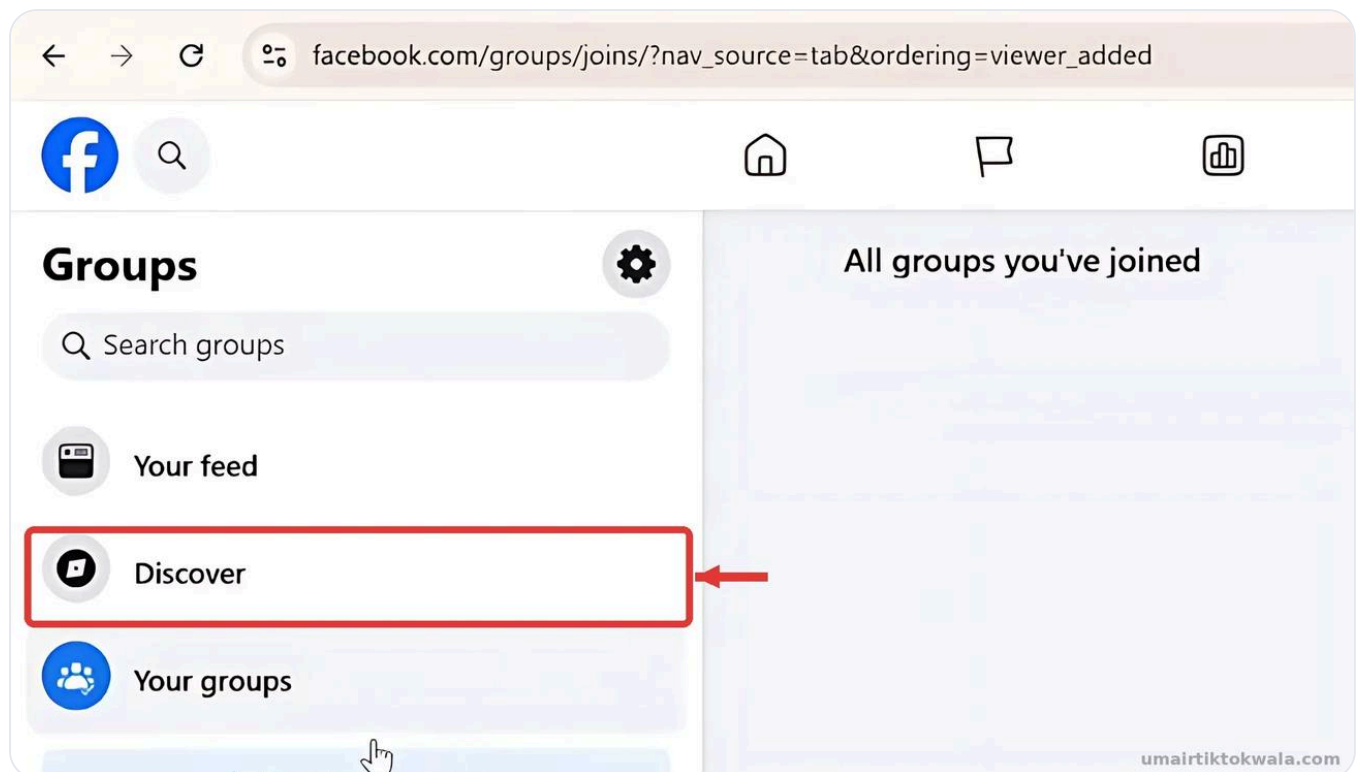
4 steps · Last updated 19 Oct 2026

Facebook Groups are communities around one topic. Joining active groups in your niche shows you what content people love, and helps you understand your audience.

Before you start, keep ready:

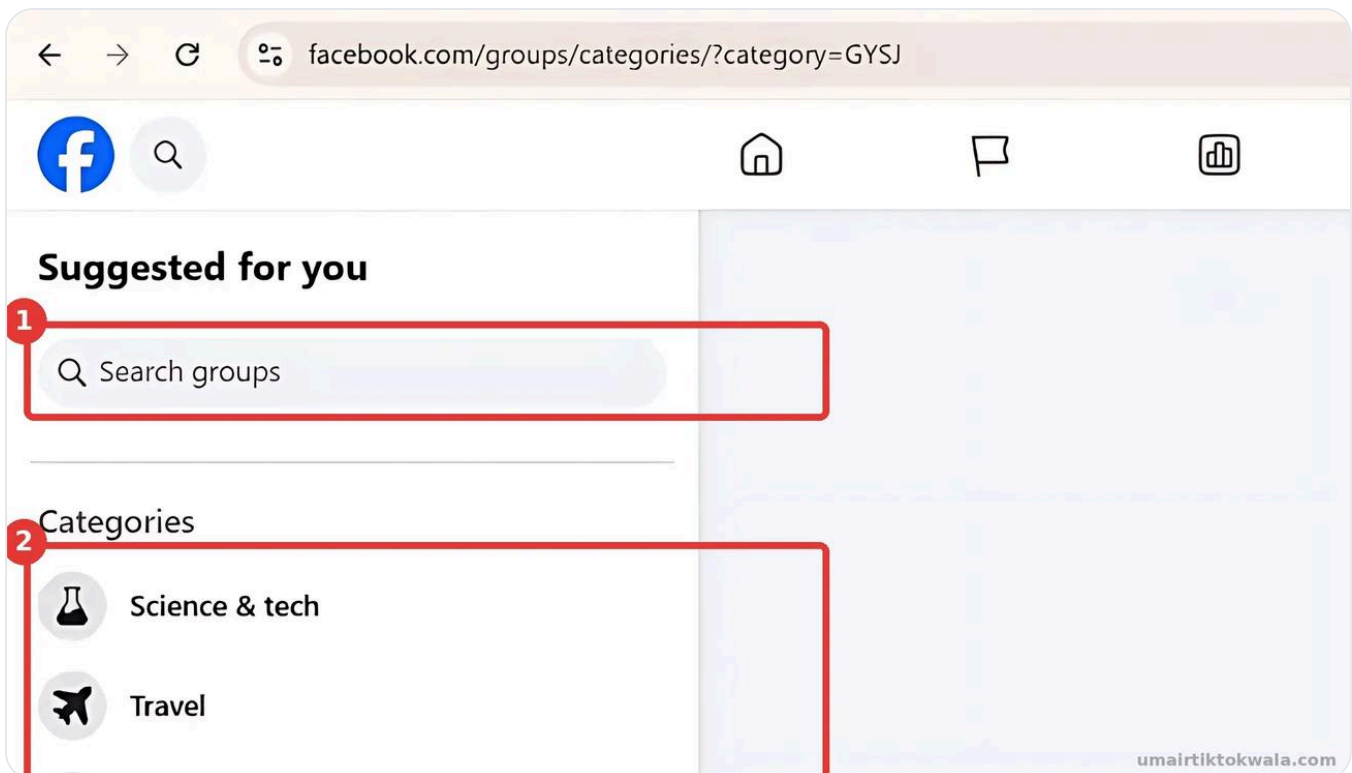
- Facebook open in a laptop browser
- Your niche in one or two words (e.g. memes, tech, cooking)

1 Open Groups → Discover



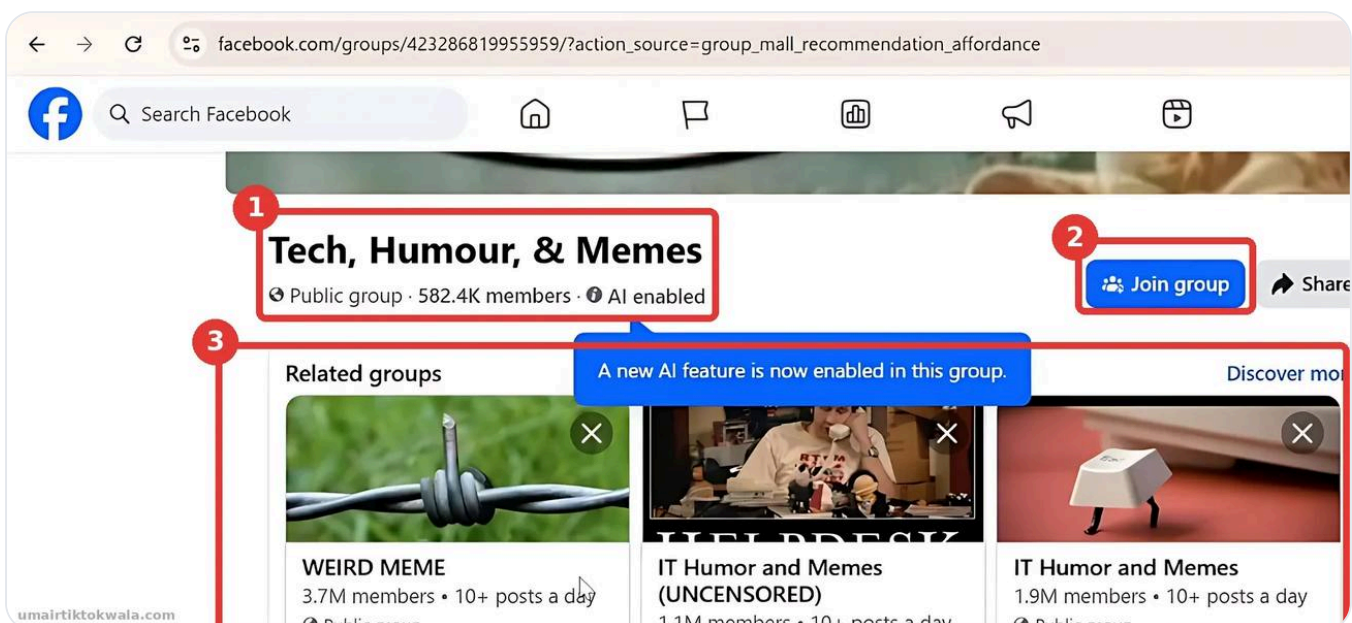
On facebook.com click the **Groups** icon (or go to facebook.com/groups). In the left menu click **Discover**.

2 Search or pick a category



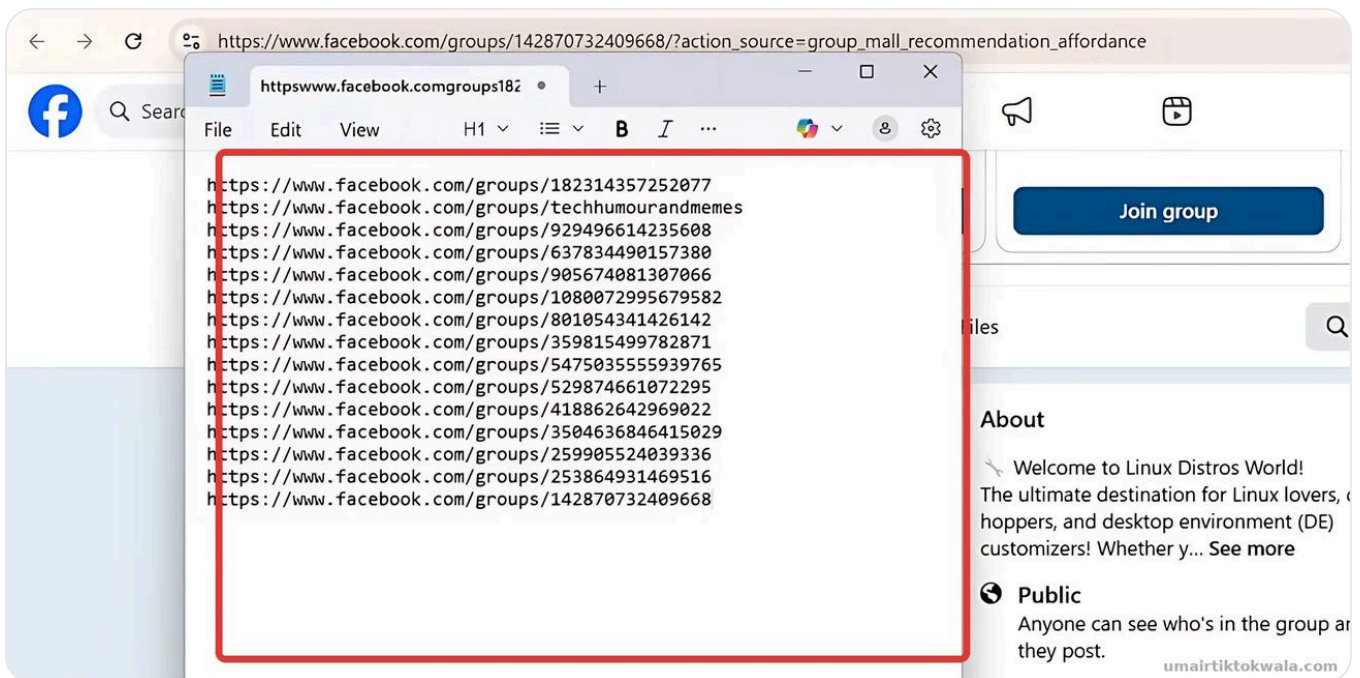
1. Type your niche in **Search groups**, or 2. scroll to **Categories** and choose one (e.g. Science & tech, Travel, Food & drink).

3 Check the group and join



Open a group. 1. Check members and activity (e.g. 582K members, 10+ posts a day). 2. Click **Join group**. 3. **Related groups** below show more groups in the same niche — open them too.

4 Save group links in a list



Copy the link of each good group from the address bar and paste it in a Notepad file. Keep 10–20 active groups in your niche.

Tip: Read each group's rules before posting. Share helpful posts and comment — don't post the same link in many groups. Spam gets your profile and Page restricted.

Common mistakes

- Joining dead groups with no daily posts
- Posting the same link in every group (spam)
- Ignoring group rules

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