

Bereavement Support Group **Guidelines**

Welcome! Please remember the following...

- Respect each other's differences and experiences.
- Maintain each other's confidentiality and privacy. What is shared in group, stays in group.
- Expressive language is welcome, but please refrain from the use of offensive language.
- Allow time for each person to share (though sharing is optional).
- Practice patience when someone else is speaking.
- Take care of yourself as needed (i.e. take a break during group or from attending at all). If a member breaks away from the group, a facilitator might take a few minutes to check on them, if needed.
- Minimize disruptions by arriving on time and setting cell phones to silent/vibrate if possible.
- Avoid advising others on how to, or not to, grieve - we all grieve in our own way.
- Sharing resources and experiences that have been helpful for you is welcome.
- If needed, facilitators are available afterwards to privately debrief difficult group content.
- The bereavement support group is intended to provide support, rather than counselling.

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COVID Additions:

- Please do not arrive at hospice any earlier than 9:45am, and leave the building once the group has finished.
- Minimize the number of personal belongings you bring with you to the group (i.e. keep it to your essentials: phone, glasses, wallet, etc.).
- Respect physical boundaries and distancing. Maintain 6 feet distance from each other whenever possible.
- Please wear a mask at all times. If you need to remove it briefly to take a drink, please be sure to distance yourself at least 6 feet from others.
- Sanitize your hands regularly, especially before or after contact with shared items.
- Only access the areas in hospice that you have been directed to: CTE, visitor bathroom, stairwell, elevator, etc.
- If you are feeling unwell, please stay home OR consider attending Hospice Halifax's virtual bereavement support group.