

## On the Go Grief Group Guidelines

Welcome! Please remember the following...

- Respect each other's differences and experiences.
- Maintain each other's confidentiality and privacy. Please be mindful of the outdoor/public setting.
- 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.



## **On the Go Grief Group** **Guidelines**

### COVID Additions:

- Please do not arrive at hospice any earlier than 5:45pm, and leave the property once the group has finished.
- Respect physical boundaries and distancing.
- Participants are not required to wear masks outdoors, though some participants may choose to based on their comfort level.
- Sanitize your hands regularly, especially before or after contact with shared items.
- If you are feeling unwell, please stay home OR consider attending Hospice Halifax's virtual bereavement support group.