

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. What is shared in group, stays in group.
- Please note that confidentiality is limited in public places. If we run into someone you know, they may become aware that you are attending the group. We should decide together how we will handle this possibility.
- 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 5:15pm, and leave the building once the group has finished.
- Minimize the number of personal belongings you bring with you to the group as we are not able to store your belongings inside hospice during 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 when inside the hospice building. 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.