

## 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.
- This support group is intended to provide support, rather than counselling.

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

### Housekeeping and Safety:

- Please do not arrive at hospice any earlier than 5:15 pm, and participate in our sign in process upon entry to the building.
- If you are late the group may leave without you; please be on time if possible.
- Please use restrooms on the second floor only if needed. The first floor spaces are reserved for patients and their visitors.
- Masks are available for personal use, but not required.
- If you are feeling unwell, please stay home.