

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.



Bereavement Support Group **Guidelines**

Housekeeping and Safety:

- Please do not arrive at hospice any earlier than 9:45am, and participate in our sign in process upon entry to the building.
- If you are more than 15 minutes late you may not be admitted to the group.
- Please stay on the second floor of the hospice as much as possible during your visit. 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.