

A photograph showing a group of people in a professional or educational setting. A man in a light blue shirt and tie is looking towards a woman with long dark hair who is speaking. Another woman with blonde hair is partially visible on the left. The background is slightly blurred, suggesting an indoor environment.

Group Discussion Guidelines

1. Be courteous to fellow attendees: arrive on time, mute and put away your cell phone
2. Avoid sharing graphic details or information on the method, which can be extremely upsetting to other attendees – in particular those who may be struggling themselves after the loss of their loved one
3. While sharing and asking questions is encouraged, it is crucially important to respect each other's boundaries: attendees should not be required to talk if they are uncomfortable or simply do not want to share
4. Be mindful not to interrupt each other or monopolize the conversation, so others can have the opportunity to share as well
5. Respect the opinions of others, and remain tolerant of different ideas in the recognition that not everyone share your religious, spiritual and/or cultural beliefs
6. Information shared within the space should be kept strictly confidential
7. Give fellow attendees the room to learn by listening, and allow them to choose their own path; we learn best by hearing experiences of others, not necessarily by receiving advice
8. While the hope is that you will take much away from attendance, be mindful that people process grief in different ways: what works for you may not necessarily work for someone else, do not carry an expectation of others to have all the answers
9. Expressing pain is a healthy way to heal; if a group member expresses a deep pain, avoid trying to "fix" their grief in the immediate moment – the best thing to do is to be present, allow them to express their pain, and to respect their personal boundaries
10. Offer support, compassion, and encouragement to others, and they will offer you the same