

Grief Support Group

Welcome to our Bereavement and Grief Support Group! We would like to assure you of our prayerful support as you seek resolution to your loss and grief. We hope that through your time with us, you will find support, guidance, and recovery as you journey through your grief. We pray with you and for you in these difficult and trying moments. May the Lord grant you peace and healing.

Please be reminded that this is a Support group and that there are and will be other members. Consequently, to ensure the safety and a successful experience of EVERY group member, we ask that each group member sign an agreement to follow the following basic group guidelines.

Group Guidelines and Consent

1. Group should keep focus on bereavement issues. The purpose of this group is to help you and to offer you support after the death of a loved one.
2. To encourage honest and open sharing, all information shared in the group, whether formally or informally is considered and stays **CONFIDENTIAL!** Therefore, no observed or communicated information or anything that is shared or discussed during group sessions should be shared with people outside of the group.
3. Respect is essential in groups. Please be aware that group members come from different backgrounds and have a wide variety of views and experiences. In addition, everyone's grief experience is unique and different. There is **No Wrong or Right Way** to grieve. Respectful sharing also involves sharing one's own experiences without giving advice or telling others what they should do or should not do. No comparing of pain, feeling or experience. Remember that each journey is different and unique. **No Criticizing!**
4. Respect the boundaries of group members: Please do not interrupt others when they are sharing; No holding of side conversations. Be respectful of others personal space and right to grieve. Respectful feedback is encouraged when appropriate or asked.
5. Group members have different experiences and diverse ways of expressing their emotions. In group people can express a variety of emotions including sadness, anger, humor, relief. All feelings are accepted and respected.
6. Every group member is encouraged to share. While it is acceptable to choose not to share, members having difficulties to share are urged to talk to Group Leaders.
7. Be mindful that there are others in the Group! So, in sharing keep in mind that we want to make sure that everyone has equal opportunities to participate and share.
8. Regular attendance is encouraged. Members are expected to notify the facilitator if they are unable to attend a group session or if they choose to leave the group.
9. If feeling down, depressed, or thinking of hurting yourself in any way, **PLEASE** inform your emergency contact, a loved one or Fr. Pierre **IMMEDIATELY. If unavailable or in between sessions, please call the emergency service.**
10. We are here to help you in your "Journey Through Grief" and to make sure that the group stay focused on topics and within the time limits. Also, we must ensure that Group members abide by these guidelines. Please help us to help you and provide you with the care you need by abiding by these basic guidelines. Thank you!

Consent

I have read and understood the terms of the above guidelines. I further agree to abide by them.

Signed by:

Name: _____

Signature: _____ Date: _____

Group Facilitator: _____ Date: _____

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Name: _____

Signature: _____ Date: _____

Group Facilitator: _____ Date: _____