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**Group Etiquette Guidelines**

1. **Acknowledge Your Courage**

Attending a grief support group is a brave and important step. Take a moment to acknowledge your courage in being here.

1. **Late Arrivals**

Please be mindful that we will welcome latecomers up to the 15 minutes after the session begins. After that, the session will be closed to minimize disruptions.

***If virtual:*** If you get disconnected from the Zoom meeting, return to the email, click on the Zoom link and you will rejoin the meeting.

1. **Minimize Distractions**

Please do your best to settle into the space quietly and minimize personal distractions so we can all be present for one another.

***If virtual:*** Choose a quiet place in your home where you will not be interrupted.

1. **We Are in This Together**

We have all experienced and suffered the death of a significant person. Being extra gentle with yourself and one another really helps at this time.

1. **Every Grief Journey is Unique**

Be aware that each individual’s experience and response to death and grief is personal and unique. There is no right or wrong way to grieve.

1. **No Advice, No Fixing**

Please avoid giving advice or making suggestions like “you should,” “you ought to,” or “why don’t you…” This space is for sharing and listening, not teaching or correcting.

1. **Share the Time**

Be mindful of how much time you speak. Please allow space for everyone who wishes to share about the death of their significant person.

1. **Confidentiality is Essential**

Confidentiality means discussions do not go out of this session. What is shared in this space stays in this space. Respecting each other’s privacy is critical to creating a safe environment for open and honest expression.

***If virtual:*** Find a private space in your home where you will not be disturbed and background noises are at a minimum. Wear earbuds/headphones if you have them, this will keep our conversations confidential and improve your ability to hear others and be heard.

1. **One Voice at a Time**

Please listen actively and avoid cross-talking or side conversations. One person speaks at a time so that everyone feels heard.

***If virtual:*** Please raise you hand if you would like to speak and you will have to unmute yourself when called upon.

1. **Respectful Language**

Be respectful and speak with kindness. Please refrain from swearing or using inappropriate language.

1. **All Emotions are Welcome**

This is a safe place to express feelings and emotions when they arise. Crying and other emotional expressions are important and natural. They are supported and welcomed here.

1. **Periods of Silence are Okay**

Silence gives us a chance to reflect on what was just said and to gather our thoughts. Please be comfortable with moments of silence.

1. **Be Mindful of Electronics**

Be electronically sensitive. Please silence and put away your phone and other devices during the session.

1. **Take Care of Yourself Afterward**

You may feel emotionally or physically tired after the session. This is normal. Be kind and gentle with yourself as you continue through the rest of your day or evening.

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