



Group Guidelines

I recommend these as basics that the group can agree upon, then ask them to add to them in terms of what may help them in their participation

- Zoom: Please Mute yourself unless speaking (or a general chat)
- Please do not use the “chat” function while people are sharing
- Time: We will start and finish on time
- Attendance: Please let the facilitator know ahead of time if you will be missing a session
- Recording: See if the group agrees to recording and sending to members. Especially helpful if someone cannot attend
- Confidentiality – Perhaps less of a concern with an online group. Usually “what’s said here stays here”. I also like to add that if a participants wants to return to something someone has said (at a later time) to ask permission (e.g. “You mentioned that your kid was sick last week and I’d like to ask you about that – is that okay/is this a good time?”)
- No cross-talk during check-in – we never know what people are carrying. A member may check-in about their partner threatening to leave them and this may elicit an outpouring of sympathy... and another member may have lost a beloved pet that day
- No judgements – of course people have them and let’s hold this as an awareness and agree not to come from the judgemental part
- Hold space for each other with the recognition that we are all vulnerable and hurting
- This is the space were **anything** that needs to be named can be named. Grief is incredibly hard, and we all find ways to cope
- All feelings are welcome
- Participation by observation is welcomed (i.e. you may pass)
- Do your best to be kind to yourself and others
-
-
-