

Listen and Learn

Group Guidelines For Attendees

Rules and Reminders

Confidentiality

What is shared in group should stay there. Please respect everyone's privacy.

Emotions are Welcome

This is the place for emotions and tears. Apologies are not necessary.

Respect

Every loss is valid. Listen with compassion, speak with kindness, and honor each person's experience.

Mindfulness

Avoid graphic or traumatic details. This space is for shared support, not processing deep trauma, which is better suited for one-on-one sessions.

No Advice-Giving

We're here to support, not fix. Offer empathy, not solutions, unless someone specifically asks.

Grief is Unique. We do not judge.

Everyone grieves differently. There's no timeline or "correct" way to grieve. What ever feels right to you, is right.

Participation is Optional

Sharing is welcomed but never required. It's okay to just listen.

The only cure to grief, is to grieve.

~ Earl Grollman