



Grief Support Circle Guidelines

Welcome to the Grieve Through It Grief Support Circle! I am grateful that you are here to work through your grief and to support others that are also grieving. Following are some guidelines for the group.

Confidentiality:

This is a special, sacred space. Whatever is shared within the group remains confidential. Share with others outside the group only what you have learned about yourself. Do not refer to people's names or identifying characteristics outside the group.

Time:

Lexington Leisure Center Grief Support Program meets for 8 weeks beginning Wednesday, January 7 at 6 pm. Leisure Center Address is 108 Park Road in Lexington, SC.

The Online Support Group Program meets for 8 weeks beginning Thursday, January 8 at 6 pm. You will receive a link to Zoom on Monday before and the day of the meeting.

All sessions will be 60 to 75 minutes each week for 8 weeks. We will begin and end our session on time, and we will honor each other's commitment. Please make every effort to attend each session.

Session Guidelines:

The Grief Coach will allow each person time to express him/herself. Please feel free to share as much or little as you like at any given session and say "pass" if you need to.

You are invited to share your own story, feelings, thoughts and struggles along with coping strategies you are discovering along the way.

Everyone grieves in their own, unique way, and the context for each person's loss is different, so it is important to respect others' right to their feelings and thoughts in grief. Please listen to another's sharing without interrupting and avoid giving unsolicited advice.

While there are common elements of grief, no two people are the same, and no particular strategy will work for all of the people all of the time. Take what works for you and let go of what does not serve you. Similarly, offer what works for you knowing it may or may not work for others.

If the Grief Coach or anyone in the group says or does something to upset you, or something that just doesn't feel right, please let me know as soon as possible. Please refrain from giving advice to another member. Rather, if you had a similar experience, please share your story.

Allow yourself the time to grieve at your own pace and take care of yourself between sessions.

Thank you for joining this program. I am honored to help you through your grieving process.

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