



Group Structure

Littles:

- Ages: 4-7 years old
- Ratio: 1 Volunteer to every 3 Littles
- Structure: Sharing Circle first and Free Time second
- Centering/Breath Work activity
- Review Full Agreements if new children are present or if not, review the needed rules/reminders for your group
- Sharing Circle:
 - Check-in: Your name, name of the person who died/diagnosed, how they died/what the diagnosis is, how they are feeling at the moment
 - Sharing Circle Question
 - Activity

Middles:

- Ages: 8-12 years old
- Ratio: 1 Volunteer to every 4 Middles
- Structure: Free Time first and Sharing Circle second
- Centering/Breath Work activity
- Review Full Agreements if new children are present or if not, review the needed rules/reminders for your group
- Sharing Circle:
 - Check-in: Your name, name of the person who died/diagnosed, how they died/what the diagnosis is, how they are feeling at the moment

- Sharing Circle Question
- Activity

Teens:

- Ages: 13–18 years old
- 2 Facilitators
- Structure: Sharing Circle first and Free Time second
- Centering/Breath Work activity
- Review Full Agreements if new children are present or if not, review the needed rules/reminders for your group
- Sharing Circle:
 - Check-in: Your name, name of the person who died/diagnosed, how they died/what the diagnosis is, how they are feeling at the moment
 - Sharing Circle Question
 - Activity

Adults

- Parents/caregivers of child participants
- 2 group facilitators
- Sharing Circle:
 - Centering
 - State intention of group/Review Agreements (all agreements if new participant)
 - Check-in: Your name; name of the person who died/diagnosed, how they died/what the diagnosis is, how they are feeling at that moment; anything that they would like to share since the last meeting
 - Sharing Circle Question
 - Wrap Up

Purpose and Goals of the Volunteer Pre-Group: Volunteers should arrive on time at 6pm

- Silence/music/centering. Shifting gears from the happenings of the day to ready ourselves for the families.
- Facilitator check-in; Checking in with each other's lives and connecting with co-facilitators to create our team.
- Tag Question: Typically reflects the theme of the Sharing Circle Question that will be discussed in group that evening. Intended to bring us closer together as a team and learn from our collective experiences.
- Continuing Education Questions: corresponds to specific topics and intended to spark thoughtful discussion.
- Strategizing about the evening; sharing responsibilities
- Updates regarding the families
- Review roster of families/participants
- Announcements

Purpose and Goals of the Post-Group: Volunteers should attend all of post group.

- Debrief; Each person has an opportunity to share their experience of the evening
- What worked, what didn't work - Highlights and challenges
- Feedback from Group Coordinator
- Suggestions for future support group evenings
- Time to receive personal support

Sharing Circle Structure

The Sharing Circle is a time when participants are invited to talk about the person in their life who died or who is diagnosed. Whether a participant chooses to talk or not, they are listening and thinking about the person, event, or circumstances that brought them to Tu Nidito. This is a painful thing for a grieving person to do, and people respond in many ways to this experience.

As a facilitator, your job is to create a safe and nurturing environment for *each* person in the circle — the one speaking, the one who is being distracting, the one crawling under the pillows (if they're a Little or a Middle), the one who is trying to have a side conversation with someone else, etc.

There are a number of things we do to facilitate this:

- The group sits in a circle.
- The flow of the circle is managed by the facilitators. Facilitators lead check-in, the Sharing Circle question, and the activity. Those facilitators who are not leading one of those aspects of the evening will attend to the group as a whole.
- We pass a Sharing Stick which helps everyone know whose turn it is to talk and whose turn it is to listen. Listening can often be a very difficult thing to do. When participants distract themselves and others during this time, they are saying something about their grief. Our job as facilitators is to re-direct the attention to the speaker without being punitive, and quietly attend to the needs of the child(ren) nearest you.
- Use **reflective and active listening**, which will be discussed at length later in the training.

