

Guidelines for Virtual Support and Share Etiquette

1. Congratulate yourself for attending.
2. Please be mindful that we will be opening up our group to latecomers up to the 15 min mark after we start. If you get disconnected from the Zoom Meeting, return to the email, click on the Zoom link and you will rejoin the meeting.
3. Choose a quiet place in your home where you will not be interrupted.
4. We're in this together; all of us have suffered the death of a loved one. Being extra gentle with yourself and one another really helps at this time.
5. Be aware that each individual's response to death and to life is unique. Each person's experience of their grief and loss is also unique.
6. No advice is to be given such as "you ought to" or "you should" or "why don't you". No preaching and no teaching.
7. Be considerate of discussion time. Allow all group members time to talk about their loss.
8. Confidentiality means discussions do not go out of this virtual room. Please 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.
9. Please listen to one another. No cross-talking or side chatter. Only one person speaks at a time.
10. Be respectful and kind with your words (no swearing or inappropriate language).
11. This is a safe place to express emotions when they arise. Crying is allowed here. Feelings are important and can be expressed.
12. Periods of silence are OK. Silence gives us a chance to reflect on what was just said and to gather our thoughts.
13. Be electronically sensitive. Please silence and put away your cell phone.
14. After the session you may find yourself feeling fatigued. This is normal – Treat yourself kindly.