

Virtual Care Group Guidelines

- **Virtual Care Groups are for adults**
Please ensure children are not able to listen to the group as discussions may touch on sensitive topics not geared toward children's ears and hearts.

- **Please avoid sharing graphic details**
Sharing graphic details of your loved one's death can retraumatize others. If you need to process through details, we can speak with you privately after the group and connect you with our Survivor Care Team. You may also call Helpline at 202-588-8277.

- **There are no right or wrong feelings - just feelings**
Accept individual differences, so that everyone feels safe and accepted.

- **It's okay not to share**
Feel free to talk about your grief or listen attentively. Both will be respected and listening is a beautiful gift we give others. There is no requirement to talk.

- **Avoid giving advice**
Share from your personal experience, say "this is what helped me" or "when I was faced with this problem, I ..."

- **Group is no place for politics**
In order to be productive and maintain a healthy atmosphere, please refrain from bashing individuals, organizations, or the government.

- **What is said in the group, stays in the group**
Please hold what you hear in this room in confidence, so that everyone feels secure in their ability to share safely. There should be no sharing of details on social media.

- **Respect above all else**
Everyone in the group has experienced a painful loss. We will avoid comparing our grief and respect the unique journey of each person in the group.

- **Silence is okay**
At times there may be silence. This provides a moment to reflect on what has been shared. No one needs to feel anxious or responsible to break the silence.

- **All faiths are supported**
Each person has their own set of religious or spiritual beliefs, which will be respected within the group.

- **No recording or photos of the group**
Care Group sessions are meant to be places of safety - confidentiality is paramount.