

Welcome – Grief Group Arbor Memorial

Grief work is hard and is different for each person. This grief group has been created to help you through your grief journey to connect and share personal experiences and feelings with each other. To find new coping skills, to find hope, to find healing.

Group Guidelines

- **Thoughts, feelings, and experiences shared in the group stays in the group.** Respect others' rights to confidentiality. Please do not use the names or stories of fellow participants outside the group without their expressed consent.
- **Each person's grief is unique.** While you may share common feelings, no two people are exactly alike. Consequently, respect and accept both what you have in common and what is unique to each of you. Recognize that thoughts and feelings are neither right nor wrong.
- **Grief is not a disease, and no “quick-fix” exists for what you are feeling.** Don't set a specific timetable for how long it should take you or others to heal.
- **There is a difference between actively listening and expressing your own grief.** Try not to interrupt when someone else is speaking. Allow each person equal time to express themselves.

If you need additional help.

In Crisis

Text “CONNECT” to 686868 OR

Call 911 OR Go to your nearest Emergency Department

Speak to an Arbor Memorial Employee

Speak to myself - Patti Broadfoot, Inner Sojourn

- Phone: 226-270-5028
- Email: Patti@innersojourn.net -
- Send a message via my website in the “let's chat” box.
- Visit my website: www.innersojourn.net

**REMEMBER AFTER LEAVING TO CONNECT BACK TO YOUR SENSES
LISTEN FOR THE CLICK OF YOUR SEAT BELT and take 5 DEEP BREATHS**