



# ARROW

## Widowed Grief Support Group

### Purpose and Ground Rules

This support group is for anyone 18 and over grieving the death of a spouse or partner- whether your loss is recent or years ago. It is a safe place to be honest about your grief and its impact in your life. Each week, we will cover different topics, work through challenging themes, laugh, cry, share, learn self-care strategies, and incorporate journaling into the process. While there is no cure for grief, it is my hope that at the end of these ten weeks, you have gained helpful tools to support yourself in healthy ways, and with the support of a caring, understanding community.

***Being a member of this group means that you agree to the following:***

1. This is a *peer-based* grief support group that is therapeutic in nature, but it is not a therapy group. This distinction is made so that members do not substitute this group for therapy services by a mental health professional. If you are seeing a licensed mental health professional, please inform them that you are in this group.
2. **CONFIDENTIALITY.** What we discuss in this group remains in this group. We will be sharing highly sensitive and private information, and it is imperative that we exercise mutual respect by not disclosing anything discussed in this group with anybody outside of our group.
3. Be on time. Please respectful of everyone's time. We only have 90 minutes from start to finish, and every minute is valuable.
4. Take turns. Let everyone have a chance to speak and do not dominate discussions. While some of us might have a great deal they want to share, please be considerate of others who have things they would like to say, too. Those who choose not to talk may occasionally pass, but one of the biggest benefits of a group setting is the opportunity to share with your peers, and sharing is encouraged. *Please refrain from side conversations* (unless we split up specifically for them).
5. Keep cell phone ringers off. Do not take calls during group time unless it is an emergency.
6. Members agree that they will not try to fix anyone else's problem, just be honest about their own circumstances and what works for them.
7. This is a *judgment-free zone*. This makes it safe for us to share our truths, and your truths might be different than someone else's.
8. Discrimination or prejudices of any kind will not be tolerated. This group values diversity, equity and inclusion.
9. *Our group is a safe place.* If the facilitator has any reason to believe that a member has hurt or has the potential to hurt any of the other members in any way (emotionally, psychologically, or physically), that member will be removed from the group.
10. A member may leave the group if they wish; if possible, they should say goodbye to the other group members before doing so, or get the facilitator to say goodbye for them.

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Agreed to by: *(Print name and sign)*

*(Date)*



## LOGISTICS

Groups created and facilitated by Andrea Row. Andrea was widowed in 2008 with two very young children and has over fourteen years of volunteer experience with peer-based grief support. Recognizing the need for secular therapeutic groups specific to this type of loss, she created a curriculum that addresses the unique needs and issues widowed people face, which means this group is created and facilitated by a peer *and* an emerging mental health professional. She is currently pursuing a master's degree in Clinical Mental Health Counseling as well as certification in Grief Counseling.

Meetings take place every week for 10 weeks on the day, time, and location indicated at the time of your registration. Each meeting is 90 minutes in duration.

The group accommodates up to 10 members.

It is a *closed* group, which means that all members that begin with us at our first meeting will be the same individuals throughout the duration of our 10 weeks together.

A journal created by Andrea titled, "*Death Sucks: A Journal of Life After Loss*" will be used throughout our meetings.