

ADULT CAREGIVER GROUP STRUCTURE



Please follow this structure for each group. It is important to set rituals, consistency, and group norms that the participants can expect each time. This helps provide safety and guidance.



OPENING CIRCLE

This is a check-in time to briefly share who you are and what brings you to group.

- Safety Group Guidelines Review
- Participant Introductions: name, pronoun, who died, how they died, and who do you bring to group (i.e. your child's name and age)



LOSS & GRIEF CONVERSATION

- This is the time to have participants talk about how life is going for them currently, share their grief journey, and provide peer support to one another. Facilitators should be actively using the essential skills of facilitation to manage the conversation, as needed. It may begin with a more direct prompt/question or may just be based on what the participants have mentioned in opening circle or something on their minds. Conversation can flow naturally (popcorn style) and doesn't need to go around the circle.

**Note that if there is a new family, this is the time to welcome them to share their grief story more deeply, if they would like.*



CLOSING CIRCLE

- Candle-lighting (you may light the candle for the person/people who have died, someone in their life who is living, or any other intention or thing they would like to light the candle for)
- "What are you looking forward to?" Remind participants that we drop into our heart space during group, and we want to help them to get back into their head space by thinking about future plans. This can be as big as an upcoming trip or as small as the meal they are planning on having that night.