

## **Bereavement Group – Dunedin**

**This group is for bereaved people, where they can connect and gain support for their grief.**

**Grief has no time limit.**

- Allow space for everyone to participate at their own pace.
- Aroha & Awhi – provide gentle support. Let people be when they need to be.
- Accept opinions in a non-judgemental manner.
- Be aware of the discussion topic and the person that is sharing.
- Be mindful of questioning.
- Realise that everyone can pass, you do not need to answer.
- Maintain confidentiality – take the learning but not the stories. What is said in here stays here.
- Take mutual responsibility for upholding a safe environment.
- Participate in a relaxed atmosphere (tea/coffee available).
- Mute phones.