

# Group Agreements



Guidelines we follow for each meeting — so everyone feels safe and supported



## Our Commitments

- Listen to others with an attitude of acceptance
- Emotional expression is welcomed
- You may pass on any activity
- All experiences shared stay in the group — do not reveal names of participants outside
- Each person's grief is unique; respect both shared and individual experiences
- Avoid giving advice unless specifically requested
- This group is a safe place for individuals of all cultures, ages, ethnicities, orientations, identities, beliefs, and abilities



## Virtual Format

- Stay in view of your camera while someone is talking
- Mute your microphone when not speaking
- Unmute freely during open discussion to share thoughts or ask questions



## Need Additional Support?

Call or email during the week for extra support.

- **Integral Care Crisis Line: 512-472-4357**

- **Dial 911**