**[Support Groups: From theory to practice](http://my.nhpco.org/events/event-description?CalendarEventKey=fc5ef124-ca65-4536-a546-23fb2136ea82&CommunityKey=191c46b6-05de-4f1d-8e1e-dca744cc7879&Home=%2fcommunities%2fcommunity-home" \o "Support Groups: From theory to practice)**

**September 4 Bereavement Professional Chat Box Transcript**

14:22:33 From Shelly Lenn: For my groups I always encourage folks to bring whatever they need to feel comfortable: a cushion, an extra layer and any drink or snack. We have a water fountain and microwave. I train my volunteers to NOT use euphemisms but to use the "d" word instead. How about using death of a parent, death by suicide, or death by opioid overdose etc.

14:34:59 From Candice Wilkins: I agree. In my work with parents who have lost a baby in pregnancy or in infancy I find the phrase "my baby died" very validating for parents. As difficult as it is to say even as a clinician, I see that it is helpful for parents. In validating their experience and their trauma.

14:42:57 From Heather Peiffer: How do you best assess group evaluations for open ended or "drop in" groups?

14:46:18 From Candice Wilkins: We use "Loss of Spouse/Partner".

14:46:46 From Lynda Sims: For a general group I use "Grief is Not for Sissies". Getting Through the Holidays When You're Grieving makes a good workshop at senior centers

14:50:42 From Deborah Pausig: We have a 8 week walking grief support group that meets 2x a year. One in fall, one in spring.

14:50:59 From Danielle Huff: This goes back to the different forms of groups. How do you go about utilizing a Facebook page for a support group?

14:52:36 From Cheryl Ellsworth: In Seattle, Providence Health and Hospice offers a Young Widows 4-hr Fall Workshop (20s-early 40s).

14:53:01 From Shelly Lenn: I end each group with a guided meditation.

14:53:32 From Lynda Sims: We end each session with the ritual of saying together, "For all these things and so much more, we are thankful".

14:54:09 From Terry Honeycutt: To start winding the session down, my stock phrase is something like, "Who has a final thought for us?".

14:54:14 From Lynn Gabriel: We open and close with an interfaith reading.

14:54:38 From Holly Farmer: What documentation do you do, different for different types of groups?

14:55:05 From Shelly Lenn: What was that phrase again, that you read out loud?

14:55:35 From Cindi Gray: For all these things and so much more we are thankful.

14:55:41 From Lynda Sims: We say it in unison -- For all these things and so much more, we are thankful.

14:56:24 From Candice Wilkins: We use opening and closing readings as a ritual to begin and close each group. I've really enjoyed using "Grief Day by Day" by Warner recently, it has a lot of great quotes and thoughts to share with group members.

14:58:20 From Lynda Sims: I haven't done it yet, but I hear that breakfast groups work great for men? Any experiences with that? Also, does anyone do follow-up with group members after the group ends?

15:00:19 From Carla Smith: re Facebook start-up groups, the chat was called Death Goes Digital at <http://my.nhpco.org/viewdocument/death-goes-digital-chat-slides?CommunityKey=191c46b6-05de-4f1d-8e1e-dca744cc7879&tab=librarydocuments>

15:01:12 From Therese Amari: Thank you for today's discussion/chat!