

What to expect on Heartlinks group night...

It can be difficult to come to group, so here's a little run down of what happens on group night.

- At 6:30, sign in, discuss current happenings, and find your nametag when you arrive
- Enjoy some catching up while the kids play freely until opening ceremony
- Opening candle lighting ceremony in the two great rooms: light a candle for acing a test, someone's birthday, or because it's been one year since your person died
- Break out peer support sessions: join others who have had a similar loss to provide comfort and support on your grief journeys
- At 8:00, we call it night, so find whoever you came with, make note of any upcoming social events, and we'll see you next month

Remember that...

- No one has to talk about anything they don't want to talk about
- Whatever is said in the group stays with the group except for dangerous secrets
- This is your time—use it to talk or listen, share or don't share
- First nights are always strange! It takes 2 or 3 times to feel comfortable
- If group absolutely is not for you, call Heartlinks at (618)277-1800 for other options