DoveLewis Pet Loss Support Group Guidelines

Confidentiality
What is shared in the group stays in the group. Please respect everyone's privacy by not sharing names, personal information, or stories outside of the group.

Respect and Compassion
Everyone experiences loss differently. There is no right or wrong way to grieve. We ask that everyone listens with kindness, respect, and without judgment.

Share When You're Ready
Sharing is always your choice. Everyone is welcome to share, pass, or simply listen. You never have to talk about anything you are not comfortable sharing.

Sharing Safely
We encourage you to share what feels meaningful and helpful to your experience, while being mindful of not sharing overly graphic or detailed descriptions of traumatic events, injuries, or other distressing details. This helps us create a space where everyone can participate without being unexpectedly exposed to difficult details.

Making Space for Everyone
We want everyone to have a chance to be heard. The facilitator will help make space for everyone, balance the time, and gently bring the group back to the topic when needed.

What This Group Provides
This group is a place for support, connection, and understanding. It is facilitated by a licensed mental health clinician and offers a space for mutual support, but it is not a substitute for individual counseling, mental health treatment, or group therapy.

Guest Observers
On rare occasions, an observer may join to review the facilitator and the program (never the participants). Observers will remain silent, will not participate, and are fully bound by our group guidelines, especially regarding confidentiality. If present, the facilitator will always introduce them at the start of the meeting.

When Confidentiality May Need to Be Broken
We will do our best to protect your privacy. There are some situations where the facilitator may be required by law to share information to help keep you or someone else safe. This includes:

1. An immediate risk of serious harm to yourself or someone else.
2. Suspected or reported abuse, neglect, self-neglect, or financial exploitation of a child or vulnerable adult.

Most importantly, you are welcome to come as you are. You do not need to have the right words or know exactly how you feel. There is space here for your experience, at your own pace.