

Night of Support Schedule

- **6:30 pm**

Families arrive: Pizza, water, coffee, and tea are served to all participants.

- **6:50 pm**

Opening Circle: Families come together in our Opening Circle Room to begin the night. After forming a large circle, the talking stick is passed around and each person shares his/her name and who they lost. Participants can pass if they wish.

- **7:00 – 8:15 pm**

Group time: This is the time when children and adults meet in their respective groups, and where they can share their stories and offer peer support. An activity specially designed to facilitate discussion is offered in the children and teen groups, as well as opportunities to engage in developmentally appropriate play. The adult groups typically engage in conversation about a variety of relevant topics raised by participants.

** During Group Time, children ages 3-12 are given the opportunity to spend five minutes in the Volcano Room, where they can erupt or explode to express their emotions. All children and teens are given a Memory Box when they begin at Good Grief where they can safely store things they have created here to remember their person who died. Memory Boxes are kept in our special Vault.*

** Approximate Group Ages:*

- **Green** – 3 to 5 years old
- **Orange** – 6 to 9 years old
- **Blue** – 10 to 12 years old
- **Teens** – 13 to 18 years old
- **Young Adults** – College to 30 years old
- **Adults** – Parents, Spouses, Guardians

- **8:15 – 8:30 pm**

Closing Circle: Families come together again in the Circle Room to end the evening. Families are invited to share if it's the birthday and/or anniversary of the person who died so that we can respectfully quietly acknowledge that milestone. And if it's the birthday of a participant, we join in singing "Happy Birthday." A group hand squeeze ends the night along with applause for this night together.