



GETTING STARTED

1. Where will the group meet? (e.g., house of worship, funeral home library, hospital)
2. How often will the group meet?
 - a. open/drop-in groups usually meet monthly, ongoingly
 - b. closed groups usually meet weekly for 6 to 10 weeks
3. What day/time will the group meet? (e.g., evenings, weekends)
4. How long will the meetings be? (90 minutes-2 hours)
5. Who will facilitate the group?
 - a. Solo v. co-facilitator
 - b. Peer-led v. professionally led v. hybrid
6. Format?
 - a. Open/Drop-In
 - i. The time and location of the group is public and people just show up for
 - ii. New members can join at any meeting
 - iii. Typically free
 - b. Closed
 - i. Once a cycle begins, enrollment is closed until the next cycle begins, which means that people have to wait until the next cycle begins
 - ii. A fee is typically charged
7. Screening of prospective members before they join the group?
 - a. Almost always for Closed groups. Even for Open groups, some facilitators require that new members have some contact with them before joining, via e-mail or phone
 - b. Time consuming, but allows for some control over who joins the group, identifies if someone isn't appropriate
 - c. Allows the facilitator to orient the new member to how the group works and what to expect from their first meeting and answer questions
 - d. Note – if you want to screen potential members, publicize only a name/contact info for further information, don't publicize the time and location of the meetings
8. Publicity.
 - a. <https://afsp.org/information-for-support-group-facilitators>
 - b. flyers in houses of worship, funeral homes, mental health clinics, medical examiner
 - c. social media
9. Can you get an organization to host/sponsor the group and help with publicity?
10. Resource lists for group members? (e.g., lending library of books that members have found helpful, lists of local therapists who work with bereavement, crisis lines, names/contact information of longer term group members who will provide telephone support between meetings).