

PAIL Network Group Support Experience: Information for Participants

PAIL Network has trained our peer support volunteers and organized group experiences in an effort to ensure that environments are welcoming, meaningful, and a space that is free of judgement. The following measures have been taken to ensure a positive online group experience:

- ♥ Participants will be able to privately chat with the hosts but not with each other
- ♥ Each person joining may participate in the group based on their comfort level:
 - Some families may feel more connected with the group by using the video and audio
 - Some families may prefer the anonymity of the text/chat feature of the meeting
 - Some families may call in by phone to the zoom meeting
- ♥ 2 trained peer support volunteers that have experienced loss will also be in the meeting to help ensure that all participants are respected and to answer any technological questions you may have.
- ♥ All participants have received the details from PAIL Network for how to join a group from our Referrals Coordinator following their request for support. We kindly request that participants **not** share the meeting link or password with others.

Group guidelines have also been carefully written to support a respectful group experience and are provided to each participant by email at the time of their request for support:

- **Confidentiality:** We want to chat openly about our grief without being concerned that our stories will be shared with others. Outside of group, we all agree to only talk about our own experiences.
- **Punctuality:** We want the group to start and end on time. We will all do our best to join on time and to honor the ending time.
- **Listening:** There is great healing power with being heard, even when online. We will all do our best to listen without interrupting, commenting, or interpreting what others are saying.
- **Sharing:** We hold this space for folks to share about the loss of their baby(s) and the impact on their lives. We will allow time for each person who wants to share. Please refrain from naming hospitals, doctors, and other health care providers.
- **Silence:** Each person has the right to participate as little or as much as they would like.
- **Advising:** We value sharing without people trying to solve other people's problems. If someone would like advice, they will ask individuals or the group. No one will give advice unless asked.
- **Respect:** Though we are all here because we have each experienced a pregnancy loss, each person's grief is unique. Help each other focus on facing the present, or the future, and avoid judgments based on their past.
- **Avoid Conflict:** Trading insults or using abusive language is not accepted. We will all avoid being drawn into conflict and never post abusive or aggressive content. Doing so may result in being removed from the group.
- **Pregnancy:** Pregnancies may be triggering for other participants. People who are currently pregnant would be encouraged to instead join our Pregnancy After Loss group.