

Friends of Aine Center for Grieving Children & Families  
**House Rules**

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**1. Respect the Center**

Be mindful of our environment, pick up after yourself and leave the space as you found it.

**2. Safety First**

Make safe decisions- making the Center a safe place for all.

**3. Spread Kindness**

Be considerate of your peers, facilitators, adults, and yourself, providing a safe space for peer support and affirmation.

**4. Be Gentle with Yourself**

Everybody grieves differently and in their own time. Remember its okay to not be okay.

**5. Be Present**

Refrain from electronical usage, be an active participant in group while listening to others, and please do not leave the group alone.

**6. Honor the Journey**

Please respect others, the experiences they share and their beliefs. Support one another without judgement.

**7. Know Your Limits**

You are invited to share if you wish, but it is okay to “pass” in group if needed. Respect others that would rather pass instead of share. Listening can be as healing as talking.

**8. Ask for Help**

Friends of Aine is here to help. Ask for assistance if you need help with an activity or assistance in the group discussion.

**9. Confidentiality Counts**

Respect privacy. What we say in group is confidential.