

## **Forge Clarity Guidelines for Members**

### Welcome

We are deeply sorry for your loss and grateful you've chosen to join our community. This group is a safe, compassionate space to share your grief journey without judgment. Together, we honour our loved ones and support one another with kindness. All members are required to submit a completed and signed copy of the Client Confidentiality & Agreement Document located: <https://forgeclarity.com.au/documents> before attending their first group session.

### Purpose of the Group

Peer Support: Share experiences, emotions, and coping strategies with others who understand.

Validation: This is not one on one therapy but a space for mutual empathy. Private sessions are available at <https://forgeclarity.com.au/appointments>

Community: Connect with others navigating similar losses.

### Confidentiality

What's shared here stays here. Do not disclose others' stories, names, or identities outside this group and respect the privacy of what was shared in previous groups. If you feel that the current group could benefit from knowing, simply de-identify the individual that shared.

Respect anonymity: Use pseudonyms if preferred. A persistent lack of respect for confidentiality will result in the individuals immediate expulsion from the group.

### Respectful Communication

Be Kind: Avoid judgment, criticism, or unsolicited advice.

No Hate Speech: Discrimination, bullying, or personal attacks will not be tolerated.

Use "I" Statements: Focus on your own experiences (e.g., "I felt..." instead of "You should...").

### Inclusivity and Diversity

All grief and loss experiences are valid, regardless of culture, religion, relationship, or cause of loss.

Respect differences in grieving styles (e.g., silence, anger, spirituality).

### Participation Guidelines

Share Comfortably: Participation is encouraged but never forced. It's okay to just listen.

Avoid Advice: Refrain from "fixing" others' grief; instead, share what helped you.

Attendance: This is a drop-in group. We do recommend coming regularly as each week we cover different subjects, such as Week 5: Navigating Loneliness and Week 9: Coping with Triggers.

### Content Boundaries

Stay On-Topic: Focus on grief-related struggles, memories, and healing.

Prohibited Content: Graphic details of death/self-harm, political/religious debates, promotions, spam, or solicitations.

### Trigger Warning

Use Trigger Warning/Content Warning before sharing sensitive topics e.g., suicide, traumatic loss. Additionally, this is a grief group so please be ready and just approach each group as though triggers may occur.

### Self-Care and Professional Support

Prioritise Your Well-Being: Step away if discussions feel overwhelming.

Seek Help When Needed: This group complements but does not replace therapy. We encourage professional support and as such bookings are available via

<https://forgeclarity.com.au/appointments>

We also want to stress that if you are experiencing strong emotions, overwhelmed or heightened that it may be best you let the Leader/Co-Leader know and just keep the camera or microphone off until ready and settled. Call any of the relevant numbers below if in an immediate crisis.

### Crisis Resources

If you're in crisis, please contact:

000 - Emergency Services

112 - International Emergency Services

13 11 14 - LifeLine Call

0477 13 11 14 - LifeLine Text

### Moderation and Group Management

Moderators: Our team ensures guidelines are followed and intervenes if needed.

Violations: Minor breaches result in a warning; severe/repeated issues may lead to removal.

### Technology and Privacy

Anonymity: Use a first name or pseudonym.

No Recording: Do not screenshot, record, or share group content.

Secure Platform: Zoom sessions require specific passcodes etc to protect privacy.

### Conflict Resolution

Address disagreements respectfully. If unresolved, contact a moderator privately.

### Feedback and Suggestions

We value your input! Share ideas via [\[info@forgeclarity.com.au\]](mailto:info@forgeclarity.com.au) to help improve the group.

### Legal Disclaimer

This group has mental health practitioners present in groups however we encourage a peer-led approach and are not liable for members' personal decisions or actions.

### Additional Policies

Group Structure: Meetings occur Thursdays from 7PM-8PM via Zoom.

No Minors: This group is for adults 18+ only.

Cultural Sensitivity: We acknowledge diverse mourning rituals; disrespect toward traditions is prohibited.

### Closing Statement

Thank you for trusting us with your story. Your courage to share helps others feel less alone. Together, we honour grief as an act of love.

Guidelines last updated: 02/04/2025

Contact moderators:

[info@forgeclarity.com.au](mailto:info@forgeclarity.com.au)