

The Cardinal RULES

*of Communication
and Engagement*

For Grief Anonymous Meetings



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www.GriefResourceNetwork.com

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1 The Golden Rule.

Do Unto Others As You Would Have Them
Do Unto You.

2 Grief Anonymous is inclusive to all people without judgement or condemnation of anyone's cultural, religious, spiritual, social, or ethnic background.

You are allowed to share who you are as a whole person without fear or ridicule in order for you to find authentic healing. When discussing your beliefs, use the words I, me, and my.

3 Grief Anonymous Meetings are for the purposes of support and sharing of grief.

Grief Anonymous meetings are not to be used for the purposes of endorsing, promoting, or selling any product or services during a meeting. No member is to be charged for attendance or participating. A facilitator may bring an offering bowl to the meeting to cover minimal expenses due to basic operating costs and receipts must be present when presenting the bowl.

4 Do not threaten suicide or self-harm during a group meeting.

Grief Anonymous, chapters, and facilitators are not responsible for the personal decisions of any member in regards to their mental, emotional, spiritual, or physical health and wellbeing. We take suicide seriously and will offer a hotline phone number to anyone who needs them. If you are feeling suicidal please contact a family member, friend, or co-worker and make an appointment to see your doctor or find the nearest emergency room. Your life has purpose and value.