Description of Monthly Homicide Grief Group

Victims for Justice is here to provide solace, understanding, and a safe space for those who have lost loved ones to homicide. You are eligible to participate if the crime occurred in Alaska, though surviving family members may reside outside the state. We gather on the second Tuesday of every month from 6:00 -7:30 PM via Zoom, coming together to navigate the complexities of grief and find healing through connection.

What to Expect: Our support group is designed to be gentle, allowing conversations to unfold organically. We understand that grief knows no set course and everyone's healing journey is different. Here's a glimpse of how our sessions typically flow:

- **Warm Introductions:** Our facilitator will guide introductions, offering everyone a chance to share their name, their connection to the group, and any thoughts or updates they wish to express. This initial connection often sets the tone for open and meaningful discussions.

- **Shared Conversations:** Depending on the group, participants are encouraged to bring forth topics close to their hearts. This can range from personal experiences with the criminal justice system, navigating special occasions, understanding grief's diverse responses, and more.

Common Discussion Themes:

- **Navigating the Justice System:** Share insights, questions, and experiences related to legal processes and seeking justice.
- **Remembrance:** Discuss coping strategies for holidays, birthdays, and anniversaries, making space for reflection and remembrance.
- **Exploring Grief:** Dive into the various dimensions of grief, seeking understanding and support.

Attendance and Connection: Our gatherings typically host a group of 6-10 participants. If you're seeking a supportive community that truly understands, you've found it here. Join us on Zoom by reaching out to our facilitator, Phylicia Christian, at pchristian@victimsforjustice.org or 907-531-9956. If you're new to Zoom or would like assistance, Phylicia is available to guide you through the process.

Group Etiquette: We kindly ask that you adhere to our guidelines to ensure a respectful and nurturing environment:

- Find a quiet, private space for our sessions.
- Mute your microphone when not speaking to minimize background noise.
• If you arrive late, don’t worry—muted entry is fine, and we’ll provide an opportunity for introductions.
• Sharing is optional, and your comfort is paramount.
• To suggest discussion topics, please contact Phylicia Christian, at pchristian@victimsforjustice.org.
• Feel free to disconnect if you need a break. Rejoin at any point if you wish.
• Be Respectful. If you are disruptive to the group, you will be removed from the meeting.

Confidentiality: Our meetings are a haven for vulnerable expressions. We kindly request that you honor the confidentiality of shared stories to maintain a safe space for all.

In this support group, you’ll find empathy, understanding, and a path toward healing. Join us as we navigate grief’s journey together and find comfort in community.