



Pathways

TEEN GROUP FAQ

You may be reading this because someone in your family has an advanced serious illness, and you are thinking about coming to Dougy Center. You might be asking yourself some questions about our groups. It's ok to have questions! Here are some answers to common questions:

What happens in a Pathways teen group? Groups for teens involve discussion, play, and activities where you can share with peers who are having similar experiences and learn tools for coping within a supportive environment.

What's the point? Through playing, talking, and listening, you may find understanding, connection, and community with other teens who are going through something similar.

Do we just sit around in a circle the whole time? We do have some time where we sit in a circle at the beginning and at the end of group. If you feel like you want to move around, we have a lot of other options including a game room, an art room, and a basketball court. You get to decide where you want to spend your time for the play portion of group.

Do I have to talk? No, you don't have to talk if you don't want to. At Dougy Center, we have a safety guideline called *I Pass* where you can pass on sharing or pass on an activity if you wish. You are never expected to talk if you don't want to.

What if I'm worried what I say will be shared outside of the group? We have another safety guideline called *What We Say Here Stays Here*. Everyone in the group agrees to not share anything that is said in group outside of the group. Dougy Center staff will not share what you say in group with the adults who bring you to group unless we have a concern for your safety.

What if I've tried it and decided I don't want to come anymore? You get to decide how long you would like to come to Dougy Center. If you feel like it's not a good fit for you, you can tell your adult who brings you to group, or your group coordinator, and we can talk through it together.

Will there be food? Yes! Our Pathways Program offers dinner after group so you can enjoy a meal with your peers and family before heading home for the night.



What Pathways Teen Participants are saying...

"At Dougy Center, I feel included."

"I choose to come to Dougy Center because I have friends here and it is a very safe and welcome place."



The National Grief Center
for Children & Families



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