![Caring Hearts logo]

Caring Hearts

Beside you through grief's journey

Sharing Circle 7-week Outline

Important aspects of the Sharing Circle are to listen, look, learn, and incorporate spirituality.

WEEK 1:
The first week will begin with an opening feast that will be blessed by Elder. After the feast is finished, participants will sit in a circle, which represents the circle of life, and Elder will lead with a prayer and smudge. After the prayer has been said and the group members have smudged, then people can go around the circle and introduce themselves. Introductions can consist of describing who you are, where you are from, and generally getting to know participants backgrounds and learning about who they are.

WEEK 2:
The second week will be a time to continue to get to know the participants better. Participants will get a chance to dive deeper into their stories.

WEEK 3:
The third week is a time for participants to talk more about why they are attending the sharing circle. Participants can further discuss the loss that they have experienced/are experiencing.

WEEK 4:
The fourth week will be a chance for participants to talk about where they are now and how they are doing (mentally, physically, emotionally, and spiritually).

WEEK 5:
The fifth week will be a time for participants to further discuss the emotional and mental load that they carry, discuss methods for figuring out how to get to where you are going/where you want to go in the future, and learn how to move on together.

WEEK 6:
The sixth week is a personal evaluation of the progress made in the sharing circle. The sharing circle will ponder topics such as how did you grow, do you feel any better after sharing, was it helpful to have people listen, etc. At this time the Seven Grandfather teachings will also be discussed/taught by Elder.

WEEK 7:
The seventh week is the closing feast. This is a time to recognize the participants and all their progress/sharing. A small gift will be given to the participants at the very end.

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