

Befriending Mortality Support Group Frequently Asked Questions

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What are Befriending Mortality Support Groups?

Clusters of 4-6 people who meet regularly over 6 months to support each other with whatever conversations or task completion feels important to each participant.

What is the benefit of participating in a Befriending Mortality Support Group?

For some, it's simply a chance to have more regular conversation with others interested in talking about mortality. For others, it's a chance to have the support and structure of a group to work on tasks you've been wanting to complete to feel more prepared for death. You could benefit if:

- You're a solo ager, or widowed or divorced, or find yourself wondering who your people will be when it comes to the ending of your days
- You've been wanting to complete tasks around befriending your mortality and could use support
- You don't have others to talk with about your mortality, or appreciate the insights you gain into yourself by listening to others

Do I form my own Support Group or do you put me in a group?

Coordinator Holly Pruett will review all applications for registration and match participants up into small groups based on preferences and interests. However, if you already have folks you'd like to do this with, using the support of the overall structure and resources, you can indicate that in your registration.

What structure and resources does Coordinator Holly Pruett provide?

- Creation of the groups based on submitted registration forms.
- Three facilitated sessions bringing all Support Group participants together for shared orientation, reflection, and evaluation: involving all groups: Tuesdays, 5-6:15pm Pacific on Zoom, Kick-off Session January 28th, a mid-point Check-In Session April 8th, and a Closure/Transition Session June 17th.

- Resource emails from Holly with resource material generated by Holly and in response to compiled questions submitted by groups.

How often do the groups meet?

Groups are expected to meet monthly unless more frequently is desired, from February-June. After meeting each other in the facilitated January 29th Kick-Off Session group members will determine their own meeting schedule. Groups can self-determine if they want to continue on their own after the conclusion of six-month pilot which ends with the June Closure/Transition session led by Holly.

Logistically, how do the groups meet?

Groups are responsible for determining and managing their own meeting logistics. Some groups will be matched according to the desire to meet in person; they will determine their meeting location. Groups meeting on-line will need to find a videocall platform that works for them. This can include free versions of Googlemeet or Zoom (there are work-arounds for built-in time restrictions), Facetime, or a paid accounts that participants make available. All groups will determine their own meeting dates, times, frequency, and duration (1 hour minimum, monthly is suggested as a starting place).

Who leads the groups & what is the format?

These are peer support groups that are self-led. Each group organizes itself, within the agreed-upon guidelines (see below). Holly provides a suggested meeting framework with a few options to get things rolling. It is suggested that one group member volunteer as “secretary,” tracking the group’s agreements about meeting logistics, handling on-line platform arrangements if necessary, and possibly sending reminders. It may work well for members to rotate as “facilitator” to guide discussion and use of time, with the next session’s facilitator determined at the end of each prior session.

What guidelines are in place for groups?

All participants commit, through their registration in the program, to the following:

- Confidentiality, equitable sharing of time & group tasks, refraining from advice or fixing
- Participation in a monthly Support Group meeting, time TBD by group members (Feb-June)
- Participation in the 3 Facilitated Sessions via Zoom (January 29th, April 8th, June 17th).

What if I have to miss a session?

It happens. Do your best to make all the sessions. If you have to miss one of the three Facilitated Sessions, you can request a recording of the informational portion led by Holly. If you have to miss one of your regular Support Group session, please be in touch with other members to maintain continuity.

What if the chemistry of my group isn’t a good fit?

This is an experiment with no guarantees that all preferences can be accommodated. Will the resulting groups have good chemistry and be useful to participants? We won't know until we try! Groups are asked to do their best to identify, share, and meet needs within the groups’ purpose, timeframe, and guidelines. If the group just isn’t gelling, Holly will assist to the best of her abilities to facilitate a transition to a different group.

How are group matches made?

Group matches will be made based on information provided in the application for registration. To view the information requested on the registration form, see below.

How is payment made?

Cost for the six-month program is sliding scale \$90 (\$15/month) to \$180 (\$30/month). Payment is due in full by January 24. Payment methods will be sent with confirmation email after applications for registration are received.

What about working 1:1 with Holly?

Meeting 1:1 with Holly (via Zoom) is available as an alternative to the Support Groups, or in combination with the Support Groups. The Support Group enrollment fee is waived for those meeting with Holly for 3 or more 1:1 monthly sessions. Read more about [Befriending Mortality One-on-Ones](#).

Can you recap the timeframe for all activities?

- Monday, January 20 – Registration Closes
- Friday, January 24 – Payment in full is due
- **Tuesday, January 28 – Kick-off Session via Zoom 5:00-6:15 Pacific**
- February – Each group meets, date/ method to be determine by group members
- March – Each group meets, date/ method to be determine by group members
- [March 5-April 9 – Befriending Mortality six-week class hosted by [Rowe Conference Center](#)]
- **Tuesday, April 8 – Mid-Point Check-In Session via Zoom 5:00-6:15 Pacific**
- April – Each group meets, date/ method to be determine by group members
- May – Each group meets, date/ method to be determine by group members
- **Tuesday, June 17 – Closure/Transition Session via Zoom 5:00-6:15 Pacific**
- June – Each group meets, date/ method to be determine by group members

ADDENDUM

Befriending Mortality Support Group Registration Form

The following information appears on the registration form. On-line registration is [here](#).

ABOUT ME

The following details will be used to make group matches and will be held as confidential.

- **Name, Age Range**
- **Geographic Location** *If in the Portland metro area please include neighborhood*
- **A Befriending Mortality Support Group interests me because: check all that apply**
 - I have tasks to complete to feel more prepared for my death which could benefit from the support and structure of a group.
 - I would benefit from more regular conversation with others interested in talking about mortality.
 - Other:

Relationship to Befriending Mortality: check all that apply

- Solo ager

- Aging with spouse/ partner
- Widowed or recently bereaved
- Living with chronic or terminal illness
- Caregiver/ partner to someone with chronic or terminal illness
- Wanting to live informed by an awareness that death could come at any time
- Working professionally with people who are ill/dying/bereaved

GROUP PREFERENCES

The following is intended to guide the match-making I do to form the small groups. This is an experiment with no guarantees that all preferences can be accommodated. Will the resulting groups have good chemistry and be useful to participants? We won't know until we try! Use these questions to indicate what's most important to you. "No preference" is an option too :)

Composition of group

- I would prefer to be grouped with others whose "About Me" answers are similar to mine.
- I would prefer to be grouped with others whose answers are different from mine.
- I would prefer to be grouped with specific people who are also enrolling (add names in next Q)
- No preference.

Requested group members

If you have 3-5 others that want to be in a group together, using the structure I provide, list their names:

Geographic location of group members

- I like the idea of being in a group with folks from different communities; I am fine with meeting virtually and accommodating different time zones.
- I would prefer to meet in person, if possible, with people who live nearby.
- No preference.

COMMITMENTS/ GROUP AGREEMENTS *Please indicate your commitment to the following:*

- **Confidentiality, equitable sharing of time & group tasks, refraining from advice or fixing.**
Yes/ Other:
- **Participation in a monthly Support Group meeting at a time TBD by group members (Feb-June).**
Yes/ Other:
- **Participation in the 3 Facilitated Sessions via Zoom (January 29th, April 8th, June 17th).**
Yes/ Other:

Befriending Mortality participation

- I've taken one or more of Holly's Befriending Mortality sessions.
- I'm interested in enrolling in the [March-April 2025 Befriending Mortality series](#).