



# Frequently Asked Questions

Q: How will I know my registration submitted?

A: You will receive a confirmation email after submitting. If the email does not arrive, please check your spam folder.

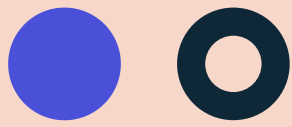
Q: How will I know when to come to group?

A: You will receive an email with a “reserve your spot” link prior to your group session. For grief support groups this email will arrive the Thursday before your group, for divorce it will arrive the Monday before your group.

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Q: Can my kids come to group?

A: Yes! We offer groups for children ages 3 and up. You must complete the registration for for each child you plan to bring to group, as well as the “reserve your spot” link for each child.



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Q: Can I bring my infant/toddler (under 3) to group?

A: We are not able to accommodate children under the age of three in our support groups. We ask that you please find alternative childcare for infants/toddlers during group times.

Q: What do I do if my group doesn't have open spots?

A: Email [becca@calmwaters.org](mailto:becca@calmwaters.org) to be added to the waitlist. We are almost always able to admit everyone wanting to attend, as we typically have people email day of they won't be able to attend group.





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Q: Do I have to “reserve my spot” every week?

A: Yes, groups are “open” so new participants are able to enroll each week. We ask that you reserve your spot to indicate you plan to attend for each session.

Q: Does my child need to know why they are coming to group/what group is/that they are coming to group?

A: Yes. We ask that you explain to your child the reason they are coming to the group (telling them who has died or that a divorce/separation is occurring). For support in how to talk to your children about group reach out to [becca@calmwaters.org](mailto:becca@calmwaters.org)





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Q: What happens if I need to miss a week of group?

A: If you have not reserved your spot, simply don't reserve your spot for the session you need to miss. You will not be taken off the email list for missing a session. If you have already reserved your spot, please email [becca@calmwaters.org](mailto:becca@calmwaters.org) to indicate you are unable to make it so we can let people off the waitlist know to attend group.

Q: Do you serve dinner?

- A: We do not serve dinner each group night, but have snacks and drinks available before groups! We often have a group dinner on the last night of the group session.
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