

*"It's not what we do once in while that shapes our lives. It's what we do consistently."*  
Tony Robbins

Dear Stephy's Place Family,

I wanted to take a moment this month to reflect on the heartbeat of our support groups: **consistency**. Before I do so, I want to applaud and thank all you who make your self-care a priority by coming to group faithfully and consistently, it makes a huge difference for your own healing as well as the group's. In the past months, however, we've noticed attendance to be increasingly sporadic in many of our groups. This could be attributed to the weather, the holidays, and other factors, and we certainly understand the extenuating factors that might inhibit your attendance or our need to close, however, not attending regularly affects the healing that support groups offer. In order for a support group to work, it needs to be a **group** and so people have to show up. When only one, two or three are in the room it really isn't a support group per se.

Grief isn't a task to be finished; it's a process to be honored. We have found that the most profound breakthroughs happen when members attend regularly. We understand that life is unpredictable and that emergencies and illnesses happen, however things like doctor appointments and other commitments can perhaps be made on other days and times in order to allow you to commit to regular attendance.

We encourage you to prioritize your group sessions as an essential part of your self-care routine. One needs to attend regularly and to make it a priority in order for healing to happen. Just popping into a support group once in a while will make no difference in your grief, and it certainly will not help the group.

At its heart, a support group isn't just about the resources we share- it's about the consistency and presence of the people within it. By showing up consistently, we build a foundation of trust that allows us to be open and authentic in our sharing, it also deepens our connection with one another and ensures our stability knowing who will be in the room, creating a safe space in which to share. Every voice is a vital piece of the puzzle and when one person is missing, the dynamic changes. We are not just here for ourselves; we are here for each other. Your presence might be the exact thing another member needs to hear that day. By showing up, you are taking a courageous step toward integration and hope.

So, if you haven't already, we are asking everyone who comes to Stephy's Place to please make the commitment to prioritize your group sessions as a dedicated time for both your own growth and healing as well as the support of your peers in your group.

Out of consideration for your group and your facilitator, we ask that **if you need to miss a session because of an emergency or prior commitment, please inform Stephy's Place or your facilitator.** If you decide that you cannot make the commitment, or you feel ready to graduate from the group, please let us know, remember that the chair you sit in could be filled by someone else who has lost a loved one and seeks support.

At Stephy's Place we sincerely wish everyone who comes to us to experience healing and hope. That can only happen by showing up.

Thank you for your understanding and cooperation.

Wishing you peace and serenity,

Kevin