

Grief Soup – A Bereaved Dad’s Support Group
February 12th, 2020
Agenda

6:00 – Meeting Begins

About the group

- a. Purpose
 - b. Disclaimer / Legal
 - c. Rules
 - Don’t give advice, talk to your experiences
 - Confidentiality
- ** See reverse side of sheet

Introductions:

- a. Please state your name, who you lost and when

Tonight’s Discussion:

- **Understanding your Grief**
 - *Touchstones by: Alan Wolfelt*
 - Touchstone 2 – Dispel the Misconceptions About Grief
 1. Grief & Mourning are the same thing
 2. Grief & Mourning progress in predictable, orderly stages
 3. You should move away from grief, not toward it
 4. Tears of grief are only a sign of weakness
 5. Being upset and openly mourning means you are being “weak” in your faith.
 6. When someone you love dies, you only grieve and mourn for physical loss of the person.
 7. You should try not to think about the person who died on holidays, anniversaries, and birthdays.
 8. After someone you love dies, the goal should be to “get over” your grief as soon as possible.
 9. Nobody can help you with your grief
 10. When grief and mourning are finally reconciled, they never come up again.
- *Your Concerns and Outlooks*
- *Resources*
- *Open table / Any Discussion*

Future Meetings:

- a. Special Mtg 02/26/2020 Dan Seaborn (please register)
 - Location @ StarLight Ministries
3376 Central Blvd., Hudsonville, MI

Closing comments

7:30 – Meeting Ends

Ecclesiastes 3:-1,2 & 4

There is a time for everything, and a season for every activity under the heavens; a time to be born and a time to die, a time to plant and a time to uproot, a time to weep and a time to laugh, a time to mourn and a time to dance.

How to be a good group member

1. Keep what is said in the group confidential

A major concern for some members is having their privacy respected. Be clear about what confidentiality means for the group. Members should not be talked about in any identifiable way outside the group.

2. Ask others dad's if they want advice or a suggestion before you give it

For many men, as soon as they hear a problem they have a tendency to start thinking about how to 'fix it.' However, sometimes people just need to say how they feel and aren't ready to start thinking about how to deal with the problem. Another thing to keep in mind is that one person's 'solutions' may not work for someone else.

3. Know that some people can be very intense and goal-oriented

At times, you may want to criticize or disagree with group members on their goals for treatment or recovery. Remember that people may have different opinions and that no one has the right to judge another member for what kind of decisions they make.

4. Neglect, malpractice or abuse

If there is a question of any neglect, malpractice or abuse, the laws of the Michigan will be followed and the person referred to an organization dealing with such issues.

5. Understand that dad's in the group will be at different stages

For those who are still coping with the feelings of helplessness that often accompany the diagnosis of a mental health problem, remember that they need to be and feel listened to and understood. It can often make someone feel worse when another person tells them to "cheer up."

7. Realize that people do not have to like everyone else in the group

People do not need to share the same philosophy of life nor the same level of education or income to have a right to be in the group. All members should be made to feel welcome irrespective of their social, economic, marital or other status.

8. Realize that peer support groups cannot solve all personal problems

Sometimes they can help people to clarify problems and find out where to get further support. Many problems or specific issues cannot be solved in the group. For example, a caregiver of a child with a severe behavior problem may be able to receive and benefit from suggestions, support or empathy, but they may also need to seek services of support outside the group.

Disclosure: The information, suggestions or recommendations you receive from participating within this group should NOT be used as a substitute for seeking professional care of a trained counselor or medical expert. Our information is designed to be used for peer support and we highly suggest it to be used in conjunction with professional care. We are not licensed or trained professional therapists and/or counselors and provide no claim of such services.