

Helping Dad's Grieve



**Bereaved Dad's  
Network**

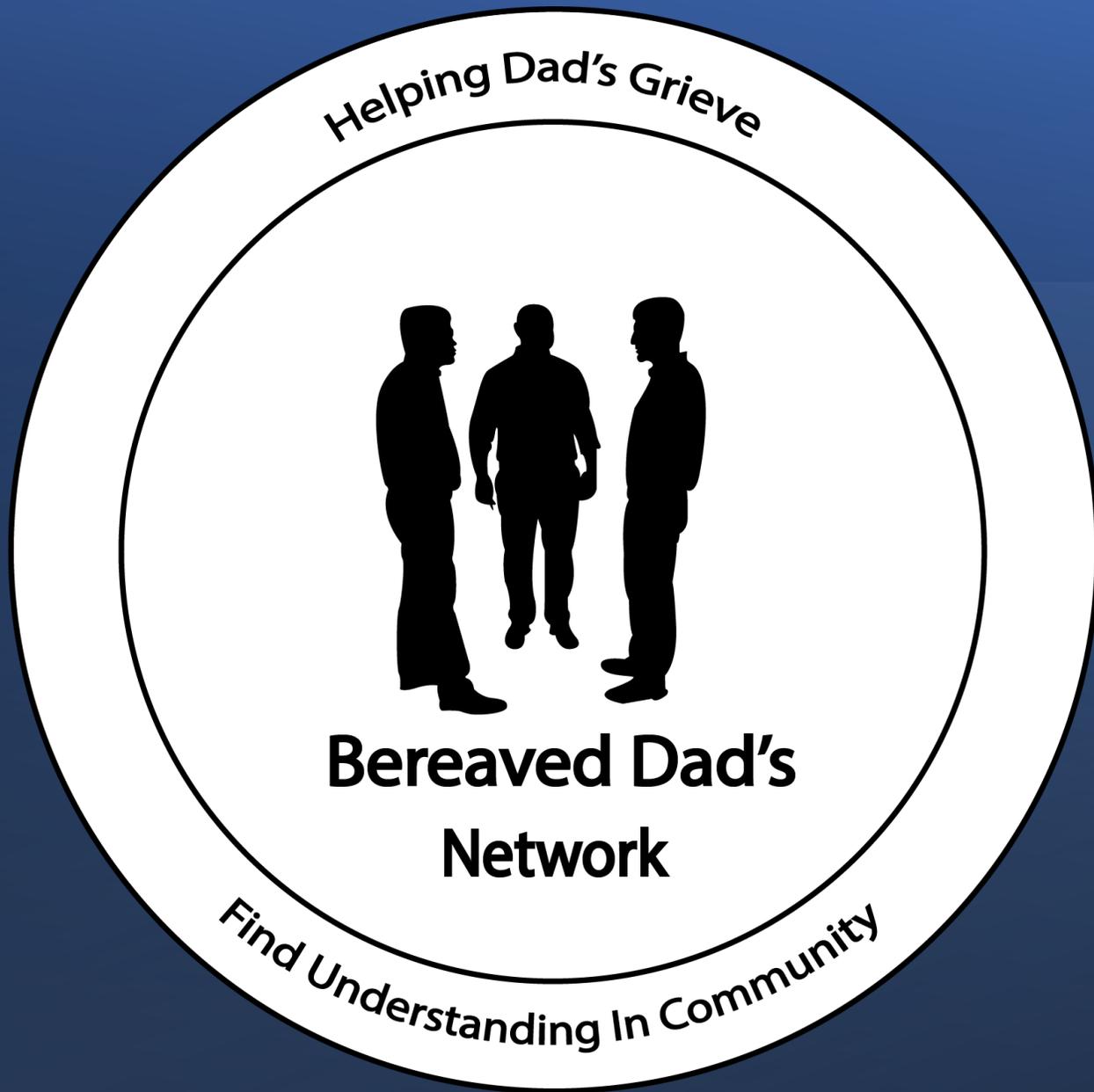
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# Rules & Disclaimer

## *How to be a good group member*

1. Keep what is said in the group confidential
2. Ask others dad's if they want advice or a suggestion before you give it
3. Know that some people can be very intense and goal-oriented
4. Neglect, malpractice or abuse
5. Understand that dad's in the group will be at different stages
7. Realize that people do not have to like everyone else in the group
8. Realize that peer support groups cannot solve all personal problems

**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.**

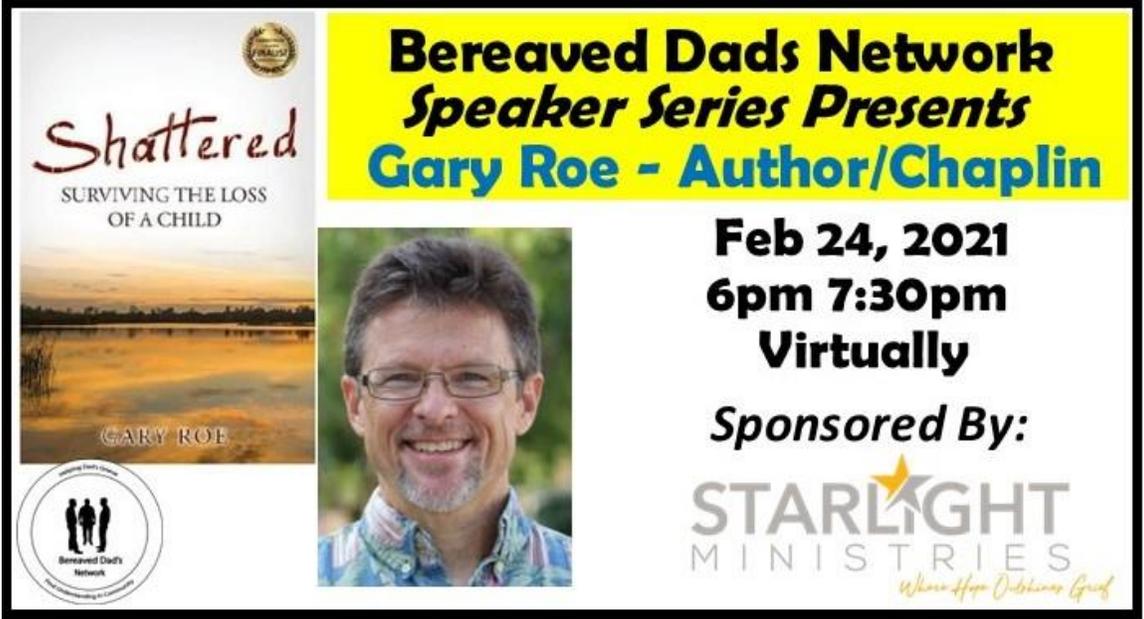


# Introductions

# SPEAKER SERIES

Looking back two weeks to our time with Gary Roe, any thoughts, comments or suggestions for the next speaker?

Is there anything you want to share with those who didn't make it?



**Bereaved Dads Network  
Speaker Series Presents  
Gary Roe - Author/Chaplin**

**Feb 24, 2021  
6pm 7:30pm  
Virtually**

**Sponsored By:**

**STARLIGHT  
MINISTRIES**  
*Where Hope Outshines Grief*

The graphic includes the book cover for "Shattered: Surviving the Loss of a Child" by Gary Roe, a portrait of Gary Roe, and the Bereaved Dad's Network logo.

# Serving your wife

*“helping, fixing, and serving represent three different ways of seeing life.*

*When you help, you see life as weak.*

*When you fix, you see life as broken.*

*When you serve, you see life as whole.*

*Fixing and helping may be the work of the ego, and service the work of the soul.”* Quote: Rachel Naomi Remen, M.D.

Fixing and helping are draining. Over time, we may burn out.

But service is renewing. When we serve, our work itself will renew us. In helping, we may find a sense of satisfaction, but in serving we find a sense of gratitude.

# Getting over your joy!

It is curious to me that we never speak about “managing” our joy or “getting over” our happiness.

Grief is like a stream running through our lives, and it is important to understand that loss doesn't go away. It lasts a lifetime.

It is our relationship to the loss that changes. It won't always hold the same intensity for us, or take the same expression. But the grief as a natural human response to loss will remain, and our resistance to it will only intensify the pain.

Just thoughts!

What's on your mind tonight guys?

What are your struggles today?

What a-ha moments have you had recently?

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