

Helping Dad's Grieve



**Bereaved Dad's  
Network**

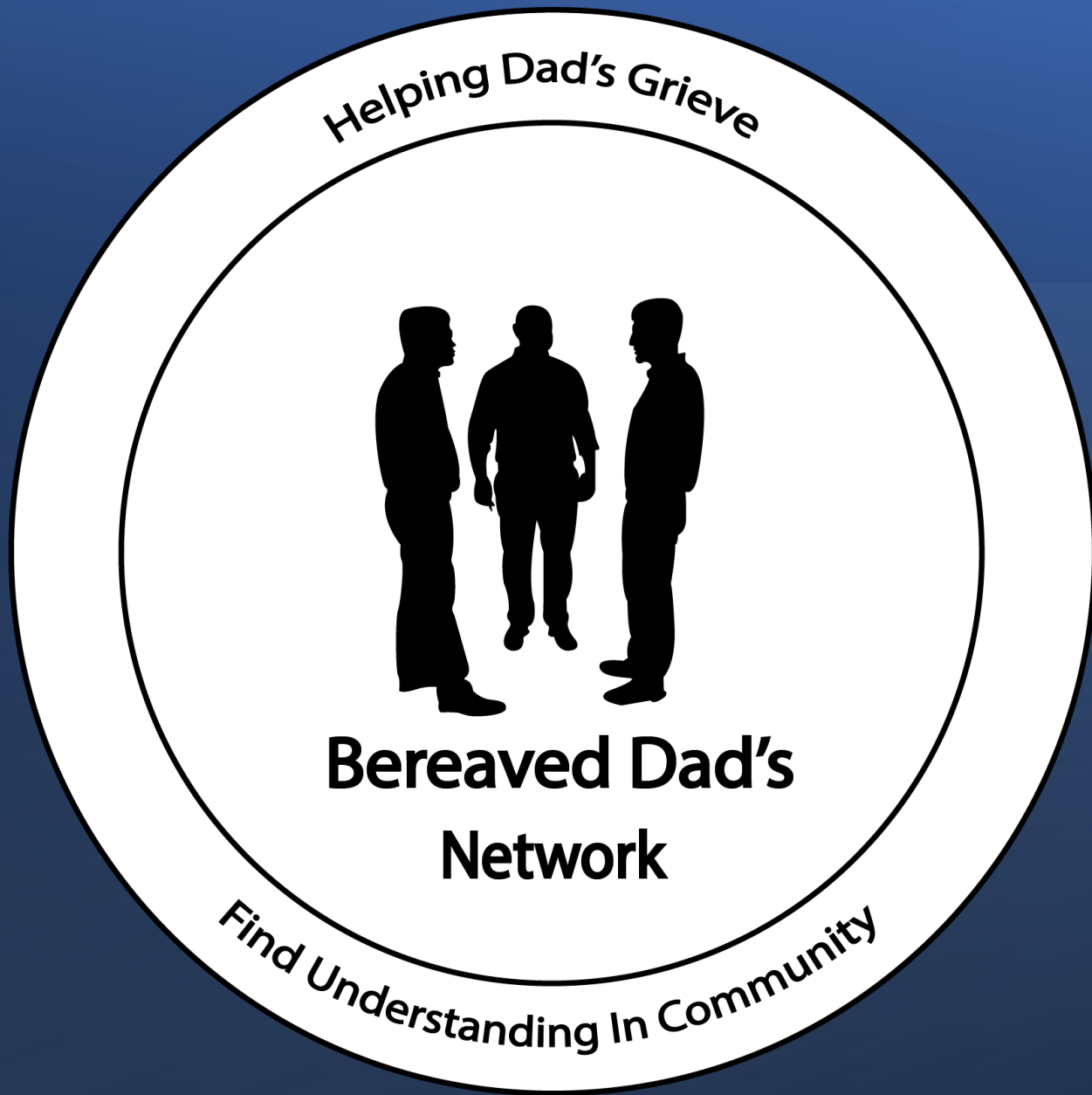
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# Rules & Disclaimer

## *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

# Exploring the difference

Greif is not measurable or comparable

However, we all do it...

- Accident / Instant
- Accident / Suffering
- Addiction
- Suicide
- Premie Birth
- Infant Illness
- Adolescent Illness
- Adult Illness
- Short Battle
- Long Painful Fight

## Showing Self-Compassion

Why do we respond to our friends with understanding, patience, and compassion, but we respond to ourselves as though we were hard-nosed football coaches running drills before the big game?

*You call that grieving? At this rate, you'll never feel better! Now take a lap!*

Self-compassion is useful and important, especially during times of difficulty and suffering.

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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