

**Grief Soup – A Bereaved Dad’s Support Group**  
**November 13, 2019**  
**Agenda**

6:00 – Meeting Begins

About the group

- a. Purpose    b. Disclaimer / Legal    c. Rules, see backside of agenda

Introductions:

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

Tonight’s Discussion:

- **Three Habits of Resilient Thinking**
  - **Realistic Optimism** – *Studies have shown that optimism is the key protective mechanism against depression*
    - *Trust the process – meaning taking small steps forward will get you there in the end.*
  - **Redefining Hope**: *What are you hoping for now?*
    - *Nurturing new hopes, narrowing goalposts, accepting the day*
    - *The very presence of hope make all the difference between coping and depression.*
  - **Mindfulness** *has been shown to be associated with a host of desirable outcomes from reduced stress, anxiety and depression.*
    - *Defined as “the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.”*
    - *In real life it means being able to intentionally focus our attention, to fully attending to the present moment and successfully refraining from being easily distracted and letting our thoughts wander aimlessly*
- *Your Concerns and Outlooks*
- *Resources*
- *Open table / Any Discussion*

Future Meetings:

- a. November 11/27/19 @ 6:00
- Location @    StarLight Ministries  
3376 Central Blvd., Hudsonville, MI

Closing comments

7:30 – Meeting Ends

**2 Corinthians 4:18 (NIV)**

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary,  
but what is unseen is eternal.

## **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.

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***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.***