

Grief Soup – A Bereaved Dad’s Support Group

October 28th 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:

- **Transformational Growth**
 - ***Transformational growth is not automatic***
 - ***We can just as well emerge from the wilderness with an embittered heart, a resentful spirit, and badly eroded trust as we can having experienced transformational growth. Only you get to decide.***
 - ***Can you identify ways in which you have grown since the loss of your son or daughter?***
 - ***Can you think of portions of your life where you believe you still need growth?***
- ***I’m there because..... Can you think of examples of how the loss of your son or daughter has set off a sequence of events that irreversibly set other events in motion.***
- *Your Concerns and Outlooks*
- *Resources*
- *Open table / Any Discussion*

Future Meetings:

- a. 11/11/2020 @ 6:00 // Starlight Ministries Building
- b. 11/18/2020 – Virtual Meeting / Cliff Denay – Author: Mourning Men
- c. Closing comments

7:30 – Meeting Ends

Isaiah 40:31 (NIRV Version)

but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

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 provide no claim of such services.

Transforming Ourselves

Transformation happens when we are willing to see that we are more than we have come to believe we are . To be open to see things differently and to recreate our perceptions. Transformation sheds light on the illusions we have been living by and reveals what is actually real and true for us . Transformation clearly defines our authentic and natural essence as the valuable beings we are.

Transitions in Life

Changes happen in all of our lives, whether they are stages of growth, relationships ending and beginning, death or loss, transitions in thought or an inner shift that represents our own, personal transformation . Our Western culture does not often emphasize the value of recognizing, with full attention and intention, these changes we go through or the power ignited by fully participating in the transitions that take place . Unfortunately there is more influence to resist physical growth and aging, 'get over' grieving a death, dread menopause and deny loss.