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Father's Day Edition:

- [Message From SHQ](#)
- [Resources for Dads and Men](#)
- [Recommended Viewing](#)
- [Let us share your stories!](#)



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A Father's Day Message From Us

"Father's Day can be a huge challenge to those with grief and loss. The advice from the professionals is don't run away from it. Acknowledge the loss, even a ritual that is a family tradition is a recommendation. The advice for my sons – who lost their beloved Dad at 10 and 15 is: acknowledge the loss but choose to have fun. I chose, as the surviving parent to make this day – Kids Day. I bought the boys ridiculously silly presents – to emphasise joy and laughter – which is a great healer. It reminded us how cheeky my partner was and how happy he would be seeing his children laugh and have fun. Mourning also needs a break!"

– [From the Young Widows and Widowers support group.](#)

Father's Day, like many holidays, can be polarising. It can be a day of fun with Dad or a milestone day that new parents are eager to reach, but, for some, it can be a hard day to get through. Emotions vary, ranging from sadness to anger to disappointment. "While some experience anticipatory anxiety, others have complicated relationships with; or are completely estranged from their fathers. They may struggle with how to process the symbolism of this day," [Dr Leela R. Magavi](#), regional medical director at Community Psychiatry, says.

When the holiday takes the form of grief, it becomes a reminder of a relationship that someone doesn't have, rather than one that they do. According to grief therapist and licensed clinical social worker [Litsa Williams](#), "This is true for children who have lost fathers and fathers who have lost children. Also the partners, friends and parents of fathers who have died," she shares. "It is difficult for those who have lost fathers or children due to estrangement, incarceration, foster care and relocation."

What can you do?

The first thing to know is you don't need to suck it up or pretend it's not hard. Professor and author, [Brené Brown](#) says practising "self-compassion is key because when we're able to be gentle with ourselves in the midst of shame (or pain), we're more likely to reach out, connect, and experience empathy."

Take this day to reconnect with someone in your life, celebrate the lives of the people you've lost, create new traditions, do things that make you feel good, and avoid platforms that may trigger bad feelings. Chat with someone you trust about how you're feeling. Remember that even though it doesn't take away from what you're feeling, you are not alone. Thousands of other people are going through the same thing every single day, and support is out there. Don't hesitate to just reach out.

The Team @ [Self Help Queensland](#)

Resources for Dads and Men



[Dads Online](#) is dedicated to Dads of all shapes and sizes. We provide information and ideas that are most important to Dads.



[MensLine Australia](#) is a telephone and online counselling service for men with emotional health and relationship concerns. Support for Australian men anywhere, anytime.



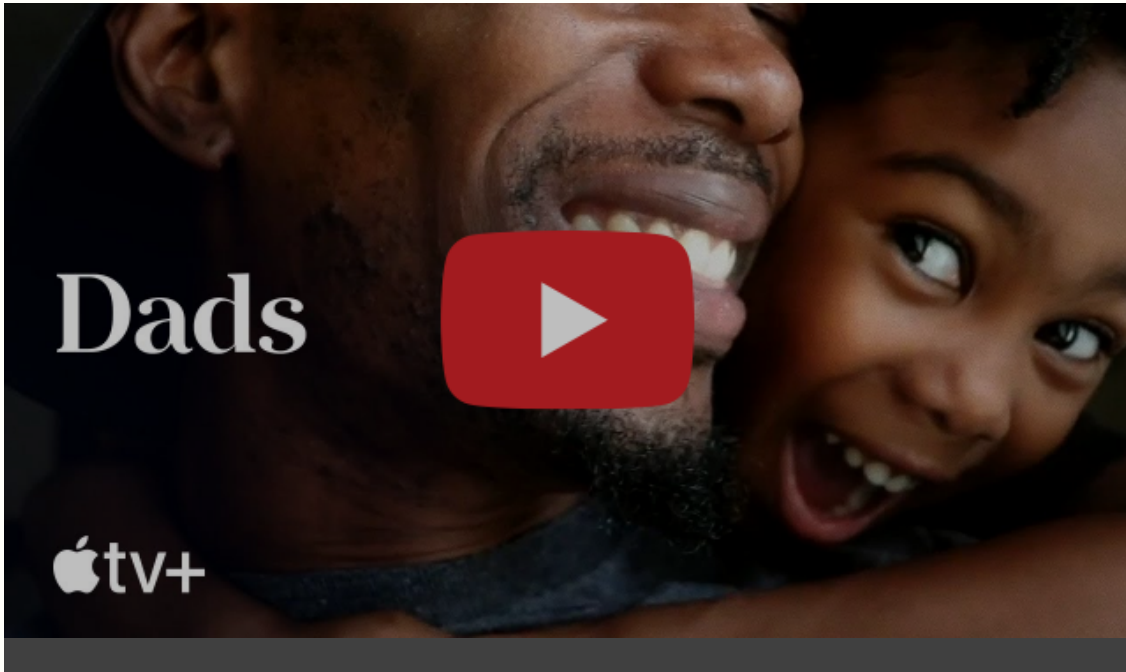
[Support for Fathers](#) is providing dads with options and information about fatherhood, the relationship with their partner and connecting with their kids.



Australian
Men's Shed
Association
SHOULDER TO SHOULDER

[The Australian Men's Shed Association \(AMSA\)](#) is the peak body supporting almost 1000 Men's Sheds and is recognised as one of Australia's largest male based community development organisations.

A portrait of contemporary [fatherhood](#), the film blends the reflections of Howard's own father, film director [Ron Howard](#), other Hollywood celebrity fathers and everyday men from around the world on what being a father means to them.



Let us share your team and stories!

Self-help Queensland assist over 600 support groups in Queensland. We invite you to share about your group with others, through our newsletter, Facebook or website. Please let us know how your group is going.

We are currently building an image bank to brighten up our newsletter and website. We invite you to share your photos with us. Please ensure the photos are high-resolution, captioned, and have been consented to by those featured. If you know anyone or group that'll be interested please let us know, we would love to have you featured on our page. We look forward to your submissions at info@selfhelpqld.org.au!

[Self Help Queensland](#) supports you to nurture yours' and your groups' well-being. We connect people to support groups across a broad range of health issues, assist people in starting new groups and working with support groups to build their capacity.

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