

When and where do the groups meet?

The groups are held in various locations in and around metropolitan Melbourne and regional Victoria. Further information is available at www.grief.org.au



The Australian Centre for Grief and Bereavement is a not-for-profit organisation established to provide a range of education, counselling, research and clinical services for those working with, or affected by, grief and bereavement.

How can I find out more?

If you are interested in learning more about these groups and how they may assist you, please contact the Australian Centre for Grief and Bereavement on (03) 9265 2100 or email support@grief.org.au



Australian Centre for Grief and Bereavement

253 Wellington Road
Mulgrave VIC 3170

(03) 9265 2100

Freecall: 1800 642 066

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Email: info@grief.org.au

Website: www.grief.org.au

ABN: 22 038 903 478

ACN: 159 297 444

The Australian Centre for Grief and Bereavement is not a crisis support service. In an emergency please call 000 or if you require urgent counselling, please contact Lifeline on 13 11 14.

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Bereavement Support Groups


australian centre
for **grief** and
bereavement



At times of crisis and loss, there is something special about meeting and talking with others in the same situation. Helping and being helped by other people with whom one shares a common experience seems to provide an opportunity to feel hope and see new possibilities for the future.

(Group participant)

What are bereavement support groups?

Support groups are a way of bringing people together in a safe space to share common life experiences. The strengths of support groups lie in the connections and understandings that come from shared narratives.

Bereavement support groups provide ongoing help to participants in various ways, including:

- normalising the grief journey
- listening and sharing personal experiences
- creating social networks and reducing feelings of isolation
- discovering personal strengths and building resilience
- providing relevant information.

What groups are available?

The Australian Centre for Grief and Bereavement run a variety of different support groups, including groups for:

- bereaved partners (catering to a range of age groups)
- children and adolescents (ages 6–15)
- bereaved men
- death of a parent
- companion animal loss

Groups will usually consist of up to 12 people who meet together regularly to talk over their experiences. Trained facilitators will be present to assist the group. The groups are non-religious and non-denominational.

Who can join?

These groups are for anyone who has experienced the loss of a loved one, whether that loved one be a family member, relative, friend, neighbour or work colleague. There are groups for different ages, catering to meet the varying needs of adults, children and young people. There are also groups for people who have lost pets as companions.

Am I ready for a group?

Depending on how much time has passed since your bereavement, one to one counselling may be more beneficial as a way of receiving initial support. If it is very early in your grief journey, you may not be ready to hear the pain of another group member's story. Everybody's grief journey is different, so please contact us to discuss further.

Is there a cost?

The cost varies between groups, ranging from a gold coin donation to \$10. This money goes toward the costs of running the group and providing refreshments.

... it is one of the places I feel my losses and longings are truly understood. I feel like the group has really helped me regain a sense of who I am and who I can be amidst the grief and hope.

(Group participant)

