

## The Compassionate Friends Credo

We need not walk alone.  
We are The Compassionate Friends.

We reach out to each other with love, with understanding and with hope. Our children have died at all ages and from many different causes, but our love for our children unites us.

Your pain becomes my pain just as your hope becomes my hope. We come together from all walks of life, from many different circumstances.

We are a unique family because we represent many races and creeds. We are young and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression; others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share just as we share with each other our love for our children. We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together as we reach out to each other in love and share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts and help each other to grieve as well as to grow.

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[www.tcfv.org.au](http://www.tcfv.org.au)  
24-hour grief support line: 1300 064 068

**The Hobart Support Group**  
is a chapter of The Compassionate  
Friends Victoria Inc.  
Email: [support@compassionatefriendsvictoria.org.au](mailto:support@compassionatefriendsvictoria.org.au)  
ABN 51 374 578 204

# When a child, sibling or grandchild dies, who can help?



# HOBART BEREAVEMENT SUPPORT GROUP

## “We Need Not Walk Alone”

Compassionate Friends Support Groups offer the opportunity for bereaved parents, siblings and grandparents to meet in a safe environment with others who have “been there” and who understand and care.



### **Hobart meetings**

Held bi-monthly on the 2nd Tuesday of the month (*February, April, June, August, October, December*)

Venue: McDougall Building  
9 Ellersie Road, Battery Point, Hobart  
(off Hampden Road)

For meeting Information,  
or to speak with Maxine (group leader),  
please call Compassionate Friends  
Centre on 1300 064 068

## GRIEF HELPLINE

### 24 HOUR TELEPHONE SUPPORT

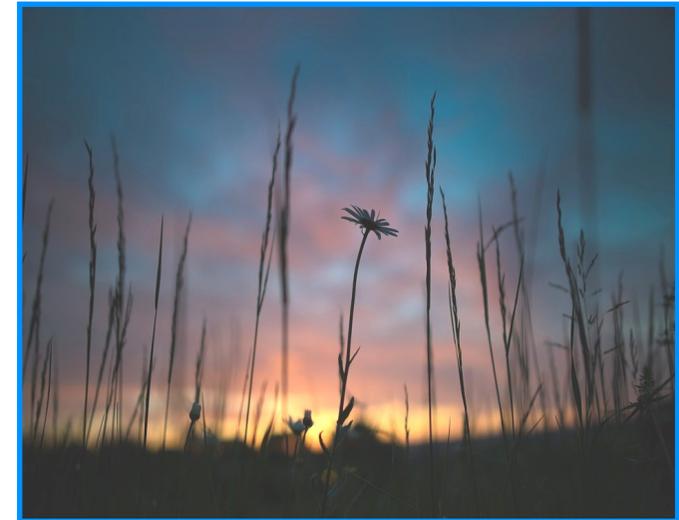
Grief does not respect time limitations. TCF understands that there are times when you need to speak to another bereaved parent. The telephone support service is provided by trained volunteers. Contact the volunteer parent on duty by calling the toll-free number:

**1300 064 068**

Please note that “video chat” support is also available for bereaved parents and siblings in regional areas. For more details on the service, please call the above number or see <https://www.compassionatefriendsvictoria.org.au/need-support/on-line-support/>

## LITERATURE FOR BEREAVED INDIVIDUALS & FAMILIES

Information Brochures on many aspects of grief and loss are available from TCF Victoria or from Support Group meetings. As well, TCF Victoria library has many books which are available for borrowing by post. Ring toll-free 1300 064 068 for details on how to borrow books. You can receive the TCF bi-monthly magazine free of charge for the first year. Call the above number if you would like to receive it. Contributions to the magazine are always welcomed from readers.



## A Message for Bereaved Parents Siblings and Grandparents

At Compassionate Friends you will find the special understanding of those who have “been there”. There are no pressures to talk; to cry or not to cry; just a chance to be yourself; to have time-out.

The Compassionate Friends offer a safe haven, a listening and understanding ear, a place where you can let down the masks, and if you wish, talk about your children, siblings or grandchildren who have died.

The Compassionate Friends offer no miracle cure, just comfort and the consolation and hope that the broken threads of your life can be picked up again.