Almost everyone suffers bereavement at some point during their lives. There is a universal need to express grief, which can be done in different ways, depending on personal circumstances and culture. It is important to remember that we all grieve in our own individual way.

Weeping commonly offers wholesome relief and should not be discouraged. Talking freely about the person who has passed away offers relief and helps in adjusting to a new reality. Failure to find wholesome expression of one’s grief can seriously hamper long term adjustment and is frequently the cause of physical illness. It may be a useful exercise to discuss death and loss with a group of people. There are various organisations listed on this page and the appropriate one to assist your needs would depend on whether you are more comfortable in a group or one-on-one. Your choice would also depend on your relationship with the deceased.

This information is simply for your use if you, or a member of your family, would benefit from contacting these organisations. There are also many other private counsellors listed in the Yellow Pages.

---

### 24 HOUR TELEPHONE COUNSELLING

- **Lifeline Telephone Counselling** 13 11 14  
  *Lifeline Australia - 24 Hour Counselling Service*

- **Kids Helpline** 1800 551 800  
  *Kids Helpline - Get Help*

- **Vietnam Veterans Counselling Service** 1800 011 046  
  *Vietnam Veterans' Counselling Service - Australia*

---

### GROUP MEETINGS

**Solace**

Solace is a self help non denominational support group for all those grieving over the death of a partner. The purpose of our meetings is to provide support, reassurance and understanding for the many people hurting over their loss. The meetings are friendly and confidential and as we share our time together, we know that we are not alone. Access to educational material is also available through Solace.

Meetings are held at:

- **Pacific Fair Community Rooms**, on the 2nd and 4th Wednesday of the month. There is a smaller group meeting from 10:30am – 11:30am and larger group meetings from 11:30am – 1:30pm
- **Tweed Bowls Club**, “Blue Room” on the 1st and 3rd Monday of the month from 10:30am; and
- **Garden City Library**, on the 1st and 3rd Thursday of the month from 1pm
Contact Betty Mounser on 5593 0962 or click the link below for further information.

**Solace**

**Blue Care**

The Blue Care Grief Recovery Program aims to provide education on the grief process, encourages mutual support and promotes effective coping skills with the focus on adults. It is a 6 week structured program, runs for 2 hours each week and is offered free of charge for all members of the community grieving through the death of a loved one. Groups are held both at Labrador and Elanora.

Contact: Sue Burgess on 5532 0588; or Nannette Rockertt on 0419 744 801

[Blue Care - Home Page](http://www.bluecare.org.au)

**Ashmore Bereavement Support Program**

An evening bereavement support program
Contact Carol on 5528 1646

**Salvation Army**

**Bereaved by Suicide:** A support group is offered for the special needs of those who have lost a loved one to suicide. This group meets on the 2nd and 4th Tuesdays of the month between 7-9pm.

**Counselling:** One on One counselling by professional counsellors each Wednesday and Thursday by appointment. There is a fee of $25.00.

Contact the Gold Coast Temple, 157 Wardoo Street, Southport on 5531 3471

[Home » salvos.org.au](http://www.salvos.org.au)

---

**HOSPITAL BASED SERVICES**

**Hospital Chaplains**

A Chaplaincy service is available at all Public and most Private hospitals, by calling the hospital direct.

**Gold Coast Hospital:** Social workers are assigned to all areas of the hospital and can assist with your emotional and practical needs. They can provide information about how to manage grief and with funeral and other practical issues.
Phone 5571 8211 or visit [Gold Coast Health Service District Profile](http://www.gchsd.qld.gov.au)
St Vincent’s Hospital, Robina: St Vincent’s Palliative Care Service provides initial bereavement support to families and carers of patients who have passed away on the Palliative Care Ward. The Palliative Care Social Workers is available for initial grief counselling and to provide referral for ongoing support, if required.

Contact the Palliative Care Social Worker on 5501 8333.

PARENTAL LOSS

The Compassionate Friends

A non denominational organization offering support, friendship and understanding to bereaved parents whose child has passed away. Through direct contact, coffee mornings, literature and bi monthly newsletters, our purpose is to aid parents and grandparents in the positive resolution of their grief as they begin the long journey in the process of bereavement.

Contacts:
Coordinators  
Brisbane – Marion Downey  3808 4008  
Sth Gold Coast - Tweed – Helen & Rodney  0412 543 499  
Nerang – Gold Coast – Nicky Newcombe  5597 6545  
Loss by Suicide – Raylee Taylor  5573 3873  
The Compassionate Friends Brisbane Chapter - Helping bereaved families

Sands

Providing mutual support, information, education and advocacy for parents and families who experience the death of their baby through miscarriage, stillbirth, neonatal death and other reproductive losses.

Phone 1800 228 655 or visit SANDS Australia

SIDS

Providing support for parents and families whose young child has died through an unexpected event.

Contact Anne Dawson on 0407 020 195 or visit Sids and Kids

Bonnie Babes

The Gold Coast Branch offers grief support for families grieving the loss of a baby to miscarriage, stillbirth, prematurity and neonatal death. A grief support group meets on the last Thursday of each month at John Flynn Hospital.
CHILDREN’S PROGRAMS

Paradise Kids

The Paradise Kids program includes the mixture of art, music, movement and meditation to help children express thoughts and feelings and grow through grief and loss associated with divorce, separation or the death of a parent or family member. A supportive group for the parents is run at the same time.

Phone 5574 6853 or visit Paradise Kids

Lifeline Kids in Crisis

Group programs for children and young people aged between 4 and 17 years of age. The program is aimed at children who are dealing with some form of life crisis – eg, separation of parents or the death of a parent or family member.

Phone 5539 9922