

## **GOLD COAST GRIEF SUPPORT SERVICES NETWORK**

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.

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### **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](#)

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### **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.

The Support meetings are held:

- at the Broadbeach Senior Citizens Centre, 33 TE Peters Drive Broadbeach
- on the 2nd and 4th Wednesday of the month
- The first hour 10.30-11.30am is devoted to the needs of the newly bereaved and those who have a Special need, such as anniversaries, etc.
- This is followed by the main meeting from 11.30am-1.30pm.

Contact Betty Mounser on (07) 5580 7034 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](#)

## **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 2<sup>nd</sup> and 4<sup>th</sup> 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](#)

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## **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](#)

**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 grieved counselling and to provide referral for ongoing support, if required.

Contact the Palliative Care Social Worker on 5501 8333.

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## **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.

Contact Jan on 5526 1633 or visit [Bonnie Babes Foundation](#)

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## **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