

Bereavement Counselling and Support Service

The Service was established by the Australian Centre for Grief and Bereavement in 1997 to provide counselling and support programs for bereaved people. It provides bereavement counselling for individuals, couples, families, children and adolescents as well as support groups. The service also maintains a directory of agencies and can make referrals to private grief counsellors or other agencies.

The Australian Centre for Grief and Bereavement

The Australian Centre for Grief and Bereavement is an independent, not-for-profit organisation funded by the Department of Human Services Victoria. It was established in 1996 to extend the options available to bereaved people, including those who have supported someone who required palliative care, through the education and training of health care staff and others in contact with the bereaved.

For information on training or other services, contact the Australian Centre For Grief and Bereavement telephone (03) 9265 2100 or Freecall 1800 642 066.

The Centre also has a home page on the internet: www.grief.org.au

Further Information

Bereavement Counselling and Support Services

Ground Floor, McCulloch House, Monash Medical Centre, 246 Clayton Road, Clayton VIC 3168

Telephone 03 9265 2111 Monday - Friday

Facsimile 03 9265 2150 Email support@grief.org.au

Web Address www.grief.org.au



24 Hour Telephone Support

Suicide Helpline	1300 651 251
Lifeline	13 11 14
Mensline	1300 789978
Griefline (noon-3am)	03 9596 7799
Kids Help Line	1800 551 800

Bereavement and Creativity Group



Bereavement and Creativity Group

This is an eight week program for bereaved adults who are interested in exploring and expressing their grief through creativity.

This program is about being able to express what is right for you in relation to your bereavement experience, aided by creative activities and processes. The group will allow you to share your creative work and stories with other caring individuals.

It is a very respectful and supportive experience, a time for you just to be who you are at this moment in your life. There are no judgments made or expectations.

You do not need to be experienced in any form of art or creativity to participate in this program. It is not about being an artist.

Various art mediums will be used in the creative work such as paint, pastels and collage.

Tea, coffee and biscuits are provided.

Aims of the Group:

- ≡ To express and explore your grief through creative activities.
- ≡ To provide an opportunity to meet and share with other bereaved people.

Who is eligible?

Adults bereaved through the death of a loved one.

The group is limited to 8-10 people.

Facilitators

Sandra Hatton: Creative Art Therapist
Bereavement Counsellor

Jo Debrincat: Bereavement Counsellor
Social Worker

Sandra and Jo are Practitioner Associates of the Australian Centre For Grief and Bereavement. They are experienced bereavement counsellors and Sandra is also an art therapist.



When does the group meet?

Time

Where

Seminar Room at The Australian Centre For Grief and Bereavement, first floor, McCulloch House, Monash Medical Centre, 246 Clayton Road, Clayton. (Melways 79 C1)

Parking: Fee applicable for parking on site, or free parking in side streets within walking distance.

Train lines: Cranbourne or Pakenham lines to Clayton station which is walking distance from McCulloch House.

Bus services: 631, 703, 733 stop outside the McCulloch House

Cost

\$20 upon enrollment to cover the cost of materials.

To Book

Contact The Bereavement Counselling and Support Service Monday to Friday on:

03 9265 2111