



THE COMPASSIONATE FRIENDS

The Compassionate Friends Victoria (TCFV) is dedicated to supporting grieving parents, siblings and grandparents in the event of the death of a child – of any age or from any cause.

TCF understand the indescribable pain caused by this loss, because their support team members have each experienced the loss of a child, sibling or grandchild.

They use their lived experience to provide peer support for grieving family members. This means that whenever you speak to a member of TCFV's volunteer support team, you will be speaking to a person who has common experiences to you and who can provide a range of support services and activities to help you cope with your grief.

BEREAVED PARENT, SIBLING & GRANDPARENT SUPPORT CENTRE – located in Canterbury, in Melbourne's eastern suburbs, where you can meet other people in a similar situation.

HELPLINE, 24 HOURS, 365 DAYS – grief-support phone line provided by members who have been trained as peer-support volunteers.

SUPPORT AND SOCIAL GROUPS – run by bereaved parents siblings, and grandparents, who have been trained as peer supporters, at various locations around Melbourne and regional Victoria.

TIME-OUT PROGRAM – A range of accommodation options to provide members needing a 'time out' from the grief and stress of everyday living after suffering the loss of a loved one at a low cost.

BI-MONTHLY MAGAZINE.

LIBRARY AND SUPPORT MEDIA – TCF has a library at their centre; a website with guest book page; and is on Facebook.



GRIEF AND LOSS INFORMATION – for bereaved parents and grandparents and siblings

FAMILY AND FRIENDS – Treasure those people who allow you to talk about your loved one, cry as you need and provide you with unconditional support.

CONTACT THE COMPASSIONATE FRIENDS VICTORIA FOR MORE INFORMATION AND SUPPORT

PHONE (03) 9888 4944

COUNTRY VICTORIA FREE CALL 1800 641 091

Please note:

TCFV is not a crisis service.

If you need immediate crisis support, please contact:

Suicide Line 1300 651 251

Suicide Call Back Service 1300 659 467

Lifeline 13 11 14