

Services for health professionals

The Bereavement Support Program offers information, resources, consultation or general support to health professionals throughout Queensland and northern New South Wales. If you are involved in caring for palliative and bereaved parents and their families, our services may be valuable to you.

Each year a range of professional development sessions are conducted in Brisbane, regional centres and via video-conference. The sessions cover parental grief, family grief and bereavement.

The family newsletter also contains information, resources and stories which may be helpful for professionals to further their understanding of bereavement for families who have lost a child.

To receive the quarterly newsletter or to find out more contact the Bereavement Coordinator.

Contact us

Bereavement Support Program
Lady Cilento Children's Hospital
501 Stanley Street, South Brisbane

t 1800 080 316

e bereavement.ppcs@health.qld.gov.au



If you need an interpreter, ask our staff to contact the Interpreter Services Coordinator.



**Paediatric Palliative
Care Service**

**Bereavement
Support Program**

Developed by Paediatric Palliative Care Service.
Resource no: BR010 Updated: April 2015

Supporting families through their grief

Children's Health Queensland's Bereavement Support Program provides loss and grief counselling and support to families at any time during a child's palliative and end-of-life care and their family's bereavement. Some parents value having someone they can talk with about their hopes, and fears and the emotions associated with grieving through this difficult time.

While many families will gradually integrate the loss of a child into their lives, sometimes a little extra help is needed. For many parents there exists the extra challenge of managing their own grief, as well as caring for and supporting their other children and the wider family.

The Bereavement Support Program recognises:

- the experience of loss and grief may begin well before the death of a child
- grief is not time limited
- each person's experience of grief is unique
- actively maintaining the memory of a child is an important part of grieving
- sometimes the most comfort can come from other bereaved parents.

Bereavement coordinator

- Available Monday to Friday 8.30am to 5pm or other times by appointment.
- Freecall 1800 080 316

For urgent support outside these hours contact Lifeline on **13 11 14**.

Parental grief is a deeply individual experience with many parents describing a grief that begins well before the loss of a child – and a grief that lasts a lifetime.

Our services

Counselling

Grief counselling is available to individuals and families through the Bereavement Support Program or by referral to support in the local community. Counselling offers families:

- a safe place to share experiences
- help with developing strategies for coping with the physical and emotional aspects of grieving.

The Bereavement Support Program may be able to offer financial assistance to fund bereavement counselling sessions in the community.

Information and resources

Books and other resources are available on topics such as children's grief, parental grief, caring for bereaved siblings and keeping memories alive.

Newsletter

All bereaved families are invited to receive a quarterly newsletter which offers an ongoing connection to information and support. We welcome contributions (stories, reflections or photos etc.) from all family members.

To access any of the services listed, contact the Bereavement Coordinator.

Connecting with other parents

Monthly bereavement support groups and a telegroup program are provided to help parents connect with each other for support. To attend a group meeting or access a telegroup, contact the Bereavement Coordinator.

Monthly bereavement support group

Monthly group meeting held in Brisbane which offers a safe place for parents to:

- share experiences
- provide and receive comfort
- reduce the sense of isolation often experienced as a bereaved parent.

A new topic is explored each month followed by a light supper.

Telegroup program

Parents unable to attend the Brisbane support group but would value the comfort of meeting other bereaved parents are invited to join a seven-week professionally facilitated telephone group program. Telegroups bring together people with similar life experiences to meet, share and learn from each other.