



Our Services

24/7 Telephone Support

Bereaved Parent & Sibling Support Groups

Grief Seminars

Extensive Grief Library

Information brochures on grief

Social activities

Compassionate

Employer Awards

Research Project

Bi Monthly Magazine

TCF Bereaved Parent Centre
173 Canterbury Rd, Canterbury 3126
Telephone: (03) 9888 4944

Website:

www.compassionatefriendsvictoria.org.au

Email:

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There's an elephant in the room,
It's large and squatting, so it's hard to
get around it.

You squeeze by with "how are you"
and "I'm fine" and a thousand other
forms of trivial chatter.

We talk about the weather.
We talk about everything - except the
elephant in the room.

TALK TO ME ABOUT MY LOSS!

For information about our Programs and
Services please contact The
Compassionate Friends Victoria on

(03) 9888 4034



**TCF PROVIDES
24 HOUR GRIEF SUPPORT
TELEPHONE SERVICE
(03) 9888 4944
FREE CALL 1800 641 091**

**The Compassionate
Friends Vic Inc.**

**Community
Education and
Grief Awareness**



"We need not walk alone"

Awareness

Education

Compassion

The Compassionate Friends of Victoria Community
Education Program aims to facilitate behavioural
change through awareness raising programs about
the impact of grief on the individual.

TCF, as we are known by many, is a non profit organisation, registered as a charity.

Our purpose is to offer friendship and understanding by reaching out to bereaved parents, to surviving siblings and other family members to support them in the grief and trauma which follows the death of a child from any cause and at any age.

In supporting the bereaved – one of our core functions is to provide information and education about bereaved parents and siblings. The objective is to help those in their community, including family, friends, employers, co-workers and professionals, to be supportive.

Community Education

The TCF community Education program aims to provide information about TCF Services as well as information about how to support those who are bereaved. We aim to inform the wider community in general and specific caring organisations in particular of the various support options available to the bereaved.

We are a mutual self help organisation where services are delivered by volunteers who are passionate about helping others who are bereaved. Hence our public speaking teams consist of bereaved parents and siblings who have been thoroughly trained in delivery of our packages.

TCF Presentations

- TCF offers a general information presentation. This presentation informs participants of the services that TCF provides, as well as general advice about supporting those who have suffered a loss.
- We also offer an in depth program entitled **How to Care What to Say**. So often people find it difficult to provide support to the bereaved, this presentation enables in depth discussion around grief and loss, and how the various theories of grief can assist all of us to better understand the kind of support we can offer to the bereaved.

How to Care What to Say is aimed at organisations that would like to attain a deeper level of understanding about grief and loss and how current thinking on grief can inform them in their support of their employees or clients.

TCF thanks the Australian Centre for Grief and Bereavement for very kindly making this resource available for dissemination to the wider community, and the Lord Mayor's Charitable Fund for supporting this Program.

For further information on our Community Education Programs please call 9888 4034.

Death touches us all.

Death is not selective.

One of your loved ones will also die one day and you will need a Compassionate Friend.

The Compassionate Friends Victoria offers free community education on Grief and Loss to help you help others.