



SUMMARY SHEET

Services offered by *The Compassionate Friends Victoria* (TCFV)

Our services are for individuals aged 18 years and above who are bereaved of a child, sibling or grandchild.

Update April 2024

Bereaved Parent, Sibling & Grandparent Support Centre (a.k.a. *TCFV Centre*)

Located at 229 Canterbury Road, Canterbury, in Melbourne's eastern suburbs, where you can meet other people in a similar situation.

Support-line, 24 hours, 365 days – 03 9888 4944 / 1300 064 068 – Grief-support phone line provided by bereaved-peer volunteers.

Support and social groups – Run by bereaved parents, siblings and grandparents who have been trained as TCF volunteers, at various locations around Melbourne and regional Victoria. Also offered online. More details at: www.tcfv.org.au/support-groups

One-on-one Peer Support – an opportunity to speak with another bereaved peer, often another person further along in their grief journey. More information and bookings form: www.tcfv.org.au/one-on-one (Note: if you are seeking sibling-to-sibling support, please contact siblings coordinator John Brown at: johnb@tcfv.org.au)

National Online Support via Siblings-specific Chat Service – targeting bereaved siblings (over 18 years of age) via a peer support chat service. Information here: <https://siblingsupport.tcfv.org.au/>

Social, Self-Care & Information Sessions for TCFV Members. Please visit www.tcfv.org.au/events for more details.

A bi-monthly magazine – a 32-page publication with contributions from bereaved parents, siblings and grandparents.

Community Education – a program offering education sessions on grief and bereavement to businesses and community services: www.tcfv.org.au/education-for-community/

Grief and loss information for bereaved parents, siblings and grandparents. For examples of information included, please visit www.tcfv.org.au (then click on RESOURCES along top-bar)

“Time Out” Retreat Accommodation – This program provides affordable accommodation for individuals and families who need – at fairly short notice – some “time out” from their day-to-day grief. Information at: www.tcfv.org.au/time-out

Bi-Annual Gathering – A weekend retreat with workshops and self-help sessions to assist in the grief journey.

Extensive Bereavement Library – located at TCFV Centre in Canterbury.

Also, please follow us on:

FACEBOOK

<https://www.facebook.com/TheCompassionateFriendsVictoriaInc>

INSTAGRAM

https://www.instagram.com/thecompassionate_friends_vic/

LINKEDIN

<https://www.linkedin.com/company/the-compassionate-friends-victoria-tcfv>

For more information on **how to become a member of TCFV**, please visit:

www.tcfv.org.au/membership

Seeking information on bereavement services for under-18s?

Please visit: www.tcfv.org.au/under-18s/

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