



SUPPORT GROUPS

SUPPORT AFTER SUICIDE COFFEE MORNING

1st Tuesday of the Month 10-11.30am

Cafe Bear and Scoobs

An informal peer support group, facilitated by trained volunteers who have experienced suicide bereavement.

EMPTY ARMS SUPPORT GROUP

1st Thursday of the Month 7-9pm

Kitchener House

A support group for families and friends who have suffered a loss from a miscarriage, stillbirth or neonatal death, either recently or many years ago.

TCF AND HOPE DROP IN GROUP

2nd Tuesday of the Month 10am-12pm

Cafe Brioche

An informal group run in partnership with The Compassionate Friends (TCF) for any parent who has lost a child of any age from any cause.

SUPPORT AFTER SUICIDE MEN'S GROUP

2nd Wednesday of the Month 6-7.30pm

Kitchener House

A group for bereaved men to meet other men who have lost a loved one to suicide. Each month there will be a guest speaker who will share their own thoughts and experiences that will provide points for discussion and an opportunity for questions during the evening.

AFTER SUICIDE LOSS SUPPORT GROUP

3rd Tuesday of the Month 6.30-8.30pm

Kitchener House

A group facilitated by Hope staff, for people who have lost a loved one to suicide. This is an opportunity to meet and connect with other people who have lost someone to suicide.

MEN'S BEREAVEMENT IN THE BAR

3rd Wednesday of the Month 7-9pm

Malt Shovel Tapouse

An informal group for men who have experienced the loss of a child, of any age from any cause. This peer led group is an opportunity to meet with other men in the relaxed atmosphere of a pub.

If you wish to attend any of these groups, please contact the Hope Office first via phone on (03) 42153358 or by emailing hope@bereavement.org.au