

# Bereavement Support

Everyone's grief experience is personal and unique.

There is no right or wrong way to grieve. Grief can be unpredictable and can affect us in ways not experienced before.

Our Bereavement Support Team provides a free of charge service for people grieving a death or seeking to understand their loss and grief experience.

We offer a range of suggestions and resources to assist in managing your experience of grief. This can be provided through face to face, group and Skype sessions, phone support along with educational resources.

Our qualified Bereavement Support clinicians, counsellors, educators and spiritual directors are dedicated to compassionately assisting those experiencing loss, grief and bereavement.

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**For a confidential enquiry, please contact us on  
[bereavementsupport@catholiccemeteries.com.au](mailto:bereavementsupport@catholiccemeteries.com.au)  
or 02 9646-6908**

