

ART OF GRIEVING

A program for learning how to navigate grief and support others who are grieving. This program uses creative expression as a way of getting out thoughts and feelings that are often beyond words. It uses creativity as a way to honour ourselves and all that we have loved and lost.



GRIEF LOSS AND SPIRITUALITY

Grief can lead people to ask questions about spirituality and the meaning of life. This program can be tailored for any religious or secular group to help explore what all people need to grieve well: a community, a connection to something greater than ourselves and time to reflect on what love and life is all about.



WALKING WITH GRIEF

Walking in nature has been shown to be therapeutic not only mentally but physically and emotionally as well. These walks offer people a space for reflection, rest and a reconnection to themselves and their loved ones. Support is provided to guide participants to find greater understanding of the grief process.

FURTHER RESOURCES AND SUPPORT

Your G.P. for a mental health care plan and referral

Your local palliative care service

Australian Centre for Grief and Bereavement:

www.grief.org.au | (03) 9265 2100 or 1300 664 786

Mercy Grief Services (Western region of Melbourne):
(03) 9364 9838

Lifeline: 13 11 14 | **Grief Line:** 1300 845 745

Hope Bereavement Care (Barwon region):
(03) 4215 3358

The Compassionate Friends Victoria:

For loss of a child or sibling at any age 1300 372 637
supportaftersuicide.org.au

Kids Help Line telephone counselling:
(24 hours, 7 days) - 1800 551 800

Red Nose grief and loss:
(24 hours, 7 days) 1300 308 307

SANDS - Stillbirth and Neonatal Death Support:
1300 372 637

Very Special Kids:
Hospice support for children 9804 6253

Cancer Council Support Groups:
1300 755 632

MensLine Australia:
(24 hours, 7 days) 1300 789 978

Victims of Crime Helpline:
1800 819 817

Road Trauma Support Services Victoria:
1300 367 797

SuicideLine Victoria:
For counselling, crisis intervention, information and referral (24 hours, 7 days) - 1300 651 251

For 24 Hour Service and Enquiries
please telephone our Funeral Advice Line: **(03) 9373 7000**

Registration is available for all programs at:
www.tobinbrothers.com.au

This brochure and other resources can also be downloaded.

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TOBIN BROTHERS

FUNERALS

Celebrating Lives

FOR OVER **80 YEARS**



Grief Support Services

This brochure outlines Tobin Brothers Funerals' free support service available to you, your family and your friends throughout the grief process.

GRIEF REFERRAL AND SUPPORT SERVICE

When life changes profoundly through loss, it can be like waking up in the middle of the ocean; no map, no rudder and no way to know when the next wave or storm is coming.

At Tobin Brothers Funerals we understand that loss and grief is unpredictable and different for everybody. Grief can be a lonely and confusing time and that sometimes we need new tools and understanding to help us live with grief.

With this in mind we offer services that meet both individual and community needs through education, workshops, group activities, remembrance services and creative endeavours.

We aim to provide the space, time and occasions where grief can find a focus and healthy outlet and where people can support each other.

Engaging our services may be helpful in those first few days following a loss or indeed many years down the track. It does not matter what the loss was or indeed how long ago it occurred, these services are free and available to everyone.

Other information and resources, including the process of grief and supporting children in grief can be found at www.tobinbrothers.com.au.



SAMANTHA RENNIE: COMMUNITY SUPPORT MANAGER

Samantha is a secondary teacher, nurse and holistic therapist and has worked at Tobin Brothers Funerals since 2010. She provides grief support and education to individuals, community groups and professionals. Samantha is available for information, support and referrals to other services.

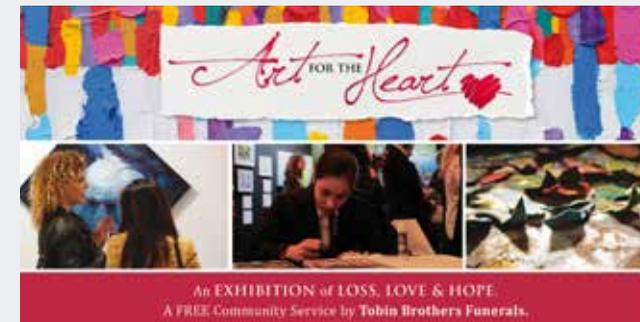
EDUCATION

Grief and trauma are experiences that touch everyone. These experiences can be used to strengthen an individual, relationships, community or businesses if you understand how. Tobin Brothers Funerals offer a wide range of educational topics that can suit any group, organisation or conference setting.



ART FOR THE HEART

Grief needs a way to be honoured and acknowledged and a picture can paint a thousand words. Art for the Heart is an exhibition open to everyone in the community to share their experience of loss, love and hope through any creative medium.



CHRISTMAS REMEMBRANCE SERVICES

Christmas can be a time when we feel loss and loneliness more intensely in contrast to the celebration of family and togetherness. To help people through this difficult time we offer unique services with rituals, music and ideas that honour loved ones that have passed and each other.



REMEMBERING OUR ANGELS

During the month of November we offer specialised services for bereaved parents and family members to remember and honour their children and babies. These services provide time for reflection and healing as well as materials to create a special gift to hang on the Christmas tree in honour of our child.