



sincere ceremonies

Creating Ceremonies that Matter

Support Services for Bereaved Parents

The death of a child is an unimaginable and heartbreaking experience that no parent should have to face alone. In the wake of such profound grief, it's important to know that support is available. This page brings together a range of trusted services offering emotional, practical, and peer support for bereaved parents. Whether you are looking for someone to talk to, seeking help to support other children in the family, or wanting to connect with others who truly understand what you're going through, these organisations are here to walk alongside you. There is no right way to grieve—only your way, in your own time—and these services exist to support you through that journey.

Name	Phone	Website
<i>Compassionate Friends Victoria</i>	9888 4944	www.compassionatefriendsvictoria.org.au/
<i>Bears Of Hope</i>	1300 11 HOPE	www.bearsofhope.org.au/seek-support/
<i>Guiding Light - Red Nose Grief & Loss</i>	1300 308 307 (24/7)	rednosegriefandloss.org.au/support
<i>Grief Australia</i>	1800 642 066	www.grief.org.au/
<i>Griefline</i>	1300 845 745	griefline.org.au/get-help/

You Are Not Alone

Grief doesn't follow a timeline, and healing isn't about forgetting—it's about finding ways to live with what has happened. As you continue to move through your grief, remember that support remains available whenever you need it. Whether you reach out today, next month, or next year, these services are here to walk alongside you for as long as it takes.