

FRIENDS INDEED



Providing support for
bereaved children and families
childhoodgrief.org.au

National Centre for Childhood Grief • Newsletter

25 years – Our Past, Our Present and Future Plans

Dr Elizabeth Mann – Clinical Director



2019 marks the 25th Anniversary of 'A Friend's Place', and it seems fitting to pause and reflect on what has been, what is now, and what is to come in the next 25 years.

In 1994, Mal and Di McKissock recognised that there was a huge need for a service in Australia that understands and specialises in children's grief. Mal and Di then had the vision and the courage to set up the National Centre for Childhood Grief - the first specialised, free, children's bereavement service in Australia. Mal and Di deservedly both received OAM's in 1996 in recognition of the incredible work they had done for the bereaved community over many years. Internationally recognised as leaders in this field, they have taught and advised thousands of health professionals around the world in the hope that bereaved children everywhere will have access to appropriate care.

Their vision and passion for helping bereaved children and their families has not diminished. The NCCG has supported thousands of bereaved families over the years, and sadly, the need just keeps growing. The NCCG would not have survived and flourished without the support of many generous people. Mal and Di, our clinical team, administration staff, volunteers, our supporters, our board members, both past and present, and our clients, have all contributed to keeping 'A Friend's Place' going. I want to thank all of you for your wonderful support.

Over the past 25 years the NCCG has experienced many financial ups and downs. Running and funding a not-for-profit organisation certainly has many challenges, but the commitment of everyone involved at the Centre means that our vision has remained clear, no matter what hurdles we have to overcome. Our service is so important to families experiencing the pain of grief that we hold an unwavering belief that 'A Friend's Place' is worth fighting for.

We are grateful to the owners of 14 Hollis Ave that we have had a long, steady period renting this beautiful property. However, my dream, and hope, is that we can somehow buy our own property - a secure home - for 'A Friend's Place'.

As people who are bereaved know all too well, grief makes life feel unstable and precarious, and in this uncharted territory, the NCCG provides a necessary, secure anchor for so many people. Many years after the death of a loved person, children and adults who have used our service know they can come back if things get tough. Just knowing we will be here for them whenever they need help is an incredibly comforting thought for so many people.

As we know, children will experience grief differently throughout the course of their lives, their grief 'changing shape' and ways of expression at different developmental stages. For this reason, bereaved children need to have access to support for as long, and whenever, they need it until they feel assured that their life, post bereavement, is built on a firm foundation.

A permanent home for 'A Friend's Place' would ensure that we can be here for the next 25 years, enabling us to plan for the future and expand our services in a way that allows us to support even more families in need. We welcome any suggestions or offers of help that will facilitate turning this dream into a reality.

I feel privileged to be leading this wonderful organisation, and for being able to offer this unique and much needed service to bereaved people in what are often the darkest, most painful circumstances of their lives. We know that we can't ever 'fix' grief, or take away the pain and hurt when someone we love dies. What we can do is be here for hurting families for as long as they need, walking beside them as they 'find their feet' in unfamiliar territory. Mal and Di started something special 25 years ago, and what they began continues to be special - a unique, safe haven for many. I look forward to the next 25 years as we build the future together.

CHAIRMAN'S MESSAGE

Robert McRobbie

In late 2018, I was honoured to have been appointed by the NCCG's Board as its Chairman after our previous Chairman, Mark Steinberg, retired from that role. The Board believes in the benefit of rotating the Chair on a regular basis, and my appointment was made in accordance with that principle of good governance.

As frequent readers of this newsletter will know, change can create uncertainty and anxiety. For the NCCG's Board and senior leaders, any anxiety associated with the change of the Board's Chair quickly dissipated when Mark assured us that he would continue as a Director after his retirement as Chair. I speak for the whole Board in acknowledging the tireless effort, sound judgement, and good humour which Mark applied to the NCCG during his time as Chairman. I would like to sincerely thank Mark for his dedication in that role and, with the rest of the Board, I look forward to continuing to work with Mark as a fellow Director.

I would also like to briefly acknowledge Mark's colleague, Jenn Pryor, who supported Mark and the Board during Mark's time as Chairman. Thankfully, Jenn has agreed to continue in that voluntary role and has already provided me with an enormous amount of help in organising Board meetings, helping with accounts and insurance policies, and numerous other essential tasks. Thank you Jenn!

As a Director who isn't involved in the day-to-day operation of 'A Friend's Place', it can sometimes be hard for me

to really appreciate how the NCCG helps bereaved children, and their families and communities. To fill that gap in a small way, at the beginning of each Board meeting, our Clinical Director, Dr. Liz Mann, shares with the Board one or two stories about how 'A Friend's Place' has had an impact on a child's life. We don't know the child's name, and we obviously can't see their tears or their smiles, but Liz's stories help us to understand the enormity of the challenge that this organisation faces every day, as well as the immense amount of love which our team shares with every family we encounter. The fact that we have been meeting that challenge, with the same degree of love and compassion, for 25 years, is extraordinary.

For each of those 25 years – congratulations go to our founders, Mal and Di McKissock and to the whole NCCG team (past and present) who continue to make 'A Friend's Place' a world leader in addressing issues associated with childhood grief.

To our volunteers and supporters, without your contribution in time and money, the NCCG would simply cease to be. So, as we look forward to the next 25 years, we thank you for being a part of the story of each child who takes their first, tentative step through our front door.



CAROLYN JOHNS

Children's Counsellor

I live with my husband and 2 busy teenage children. I have been a school counsellor for the past 19 years and have always loved working and spending time with children and young people. I have been a

support worker with the children's groups at 'A Friend's Place' for the past 9 years and this year (2019) began working as a children's counsellor. My time at 'A Friend's Place' is always inspiring and it's a privilege to spend time with so many amazing children. I'm very lucky.

When I'm not at work or driving my kids around to their activities, I love to read books and I try to keep fit and healthy by exercising regularly. I also love to shop - some would say too much!

NATALIE HARTLEY

Coordinator of Counselling Services

I started work at 'A Friend's Place' as the Coordinator of Counselling Services in January this year.

My role encompasses a range of duties from administrative tasks to helping to organise Camps, Group sessions, Workshops, etc. I feel very fortunate and privileged to play even a small role in the lives of the families that the Centre

supports and to be a part of the amazing team working here.

In my free time I enjoy spending time with my family, gardening and exercising and trying to stay fit!



Coping with grief after suicide



DIANNE McKISOCK

NCCG RESOURCES

***Coping with Grief after Suicide* written by Dianne McKissock OAM**

This small easy to read book, complements the classic 'Coping with Grief'. The book is suitable for adults bereaved by suicide or for the people supporting them.

To purchase go to our website childhoodgrief.org.au or call the Centre directly on 1300 654 556

PETER COUPLAND ADVENTURE WEEKEND FOR GIRLS

Dr Elizabeth Mann – Clinical Director

November saw us setting off on another Peter Coupland Adventure weekend with 19 excited and nervous girls.

Annie warmly welcomed us back to the Yarrabin family, and the girls soon relaxed as they settled into farm life.

Two young women from our Young Adults Group, Sinead and Katarina, and one of our teenagers, Adriana, came along as 'big sisters' and were an enormous help to our team. By sharing their stories and feelings, they were wonderful role models for the younger girls.

We started with a fun evening getting to know each other and making beautiful hearts in honour of our parent who has died. These were displayed in the living room all weekend. Our parents symbolically with us, and very much in our hearts all weekend. We were up bright and early to round up the horses and, after a hearty country breakfast, 19 brave young women headed off into the bush on their trusted horses. There were lots of laughs and stories to share both during and after our 'Women from Snowy River rides'.

After lunch, we spent time making beautiful mosaic memory boxes. We talked about how we can gradually start to put the pieces of our lives back together after someone we love has died. Our life is never the same again, but slowly piece by piece it can be put back together into a new version. Not the one we wanted, and still sometimes long for, but a beautiful, meaningful and

rich life anyway. The girls took these home to fill with special messages and things to help them when they are hurting, and missing their parent.



A swim in the pool and spa with lots of squealing and splashing was exactly what was needed after this!

Our adventure continued with a tractor ride through the bush to our campfire and bush BBQ. We even had a bush wedding re-enacted with much laughter and fun! Marshmallows, s'mores and honouring our parent again, all brought the day to an exhausted finish.

The next day, everyone was keen to ride again, and it was amazing to see girls who were anxious and timid the day before now ride confidently. We all learnt that if we face our fears, in a safe way, we can conquer them, and go on to experience the thrill of being able to do something new, adventurous and fun.

All too soon, we were eating our last Yarrabin lunch and having to say goodbye to all our new friends... both people and animals!

The smiles and tears on the parent's faces on our return said it all. Brave parents and kids doing all they can to survive and thrive despite their grief.



FROM SILVER TO GOLD: MEMORIES, HOPES AND DREAMS

Mal McKissock OAM & Dianne McKissock OAM
– Cofounders, Patrons and Clinical Consultants

On a beautiful January day 25 years ago, the Bereavement C.A.R.E. Centre 'gave birth to The National Centre for Childhood Grief – now better known as 'A Friend's Place'.

Despite lack of funding, we were energised by hopes and dreams and a strong conviction that a specialist service for grieving children was a social necessity. We had established the Bereavement C.A.R.E. Centre 16 years earlier, and during the time we provided free care for grieving adults, it became clear that children's needs would remain largely overlooked or misunderstood unless a specialist service became their advocate. We had learned that people tended to believe children were resilient, would 'get over their grief', or that they didn't feel as intensely as adults. How wrong they proved to be.

Twenty five years ago, a team of 20 part time counsellors, 6 board members, and an enthusiastic group of 8 people who called themselves 'Friends Of The Bereavement C.A.R.E. Centre', all volunteered their time to help us begin our journey into the future. The service was free, no counsellors were paid, and the only funds available to support the new service were the fees earned from the teaching engagements, seminars, and training courses we (Mal and Di) provided for professionals and volunteers around Australia, New Zealand, and Hong Kong. Funds were tight and had to be shared with the Bereavement C.A.R.E. Centre which still provided free counselling for adults.

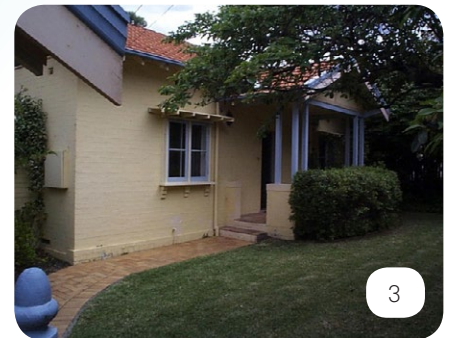
A few years later, fees for adult counselling were reluctantly introduced as a matter of necessity, but we remained determined to ensure that children would always be seen free of charge. Initially, children were seen on an individual basis at the Centre, then based at Lewisham NSW. The first support

groups for bereaved children (along with concurrent groups for their parents) were held when we relocated from Lewisham to Epping. The Epping Centre, a private home which we were fortunately able to rent while the owners were temporarily in another state, provided a light, airy

and attractive environment which quickly enabled people of all ages to feel at home.

When we reluctantly had to move from Epping, the service was temporarily housed at Denistone East where we somehow managed to function effectively around unpacked boxes and overcrowded rooms. Our clients were wonderfully understanding and supportive during each of our moves, while the counselling team demonstrated adaptability and good humour in the midst of discomfort. We learned that we could make almost any physical environment workable, and that good clinical skills accompanied by good will and a sense of humour ensured positive outcomes in whatever circumstances we found ourselves. Some months after our Denistone sojourn we moved to the current premises in Eastwood/Denistone East – another private home which quickly became a warm and user friendly environment.

Despite the fact that our stay at Eastwood/Denistone East has been for a considerable period of time, close to 20 years in fact, we have always been aware of the temporary status of our home base. While we all know that nothing in life is permanent, a sense of stability and predictability allows most of us to make plans for the future, to dream, and to hope. Bereaved families who use the services provided by 'A Friend's Place' have all experienced the pain associated with uncertainty, with unpredictability, and with profound loss. They are forced by life to learn how to live with shattered plans and dreams, and they depend on compassionate understanding from the communities in which they live as they try to re-stimulate hope.



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Since the day the NCCG came into being, we have dreamed of owning premises, a permanent 'home' for the service which has as one of its' aims a desire to help children build a hopeful future. We have survived and done well for the past 25 years despite living with uncertainty. Imagine, just for a moment, what could be achieved over the next 25 years if a permanent 'home' could be achieved? The silver service now provided could become gold!

As we celebrate our 25th anniversary, our silver anniversary, we want to express appreciation for all the people who have helped throughout those years: the initial Board led by Tom Wykoff; Patrons like Professor Beverley Raphael and Professor The Honourable Dame Marie Bashir; Friends of The Bereavement C.A.R.E. Centre; wonderful folk like Rick Taylor who gave his heart and soul as Board Chair for so many years; past Boards comprised of women and men who were determined, supportive, and creative; the current Board of talented, compassionate human beings; past and current office managers, counselling co-ordinators and business development officers who have kept the wheels turning in good times and tough; and all the folk who have contributed their time, energy and practical gifts. The first financial help the Centre received was from Barb and Don Spry who contributed what they called 'honey money' – money from the sale of jam and honey at local stalls. Other folk – individuals and financial institutions – have made generous financial donations that have ensured the longevity of the service. Others have donated their creative ideas and enthusiasm. We are grateful for every contribution – no matter how big or how small – they were 'votes of confidence' that encouraged us all to keep going.

The Centre has always been proud of its greatest asset – people. First, the team of professionally competent counsellors and support workers who undertake intense, specialist training and clinical supervision to ensure that they provide the best service possible for bereaved children and their families. They model good team work. Team work is essential – the exchange of ideas, shared skills, mutual support, good humour, compassion and adaptability create an environment in which giving is as rewarding as receiving.

Next – the clients. The vulnerable people of all ages who have the courage to make that first phone call, the courage to walk through the door of an unfamiliar building and trust their vulnerability to the care of strangers, and finally, trust strangers with the care of their precious children. We are always sensitive to the leap of faith these steps require, and work hard to deserve the trust placed in us. We have met many beautiful people in painful circumstances and appreciate the depth of connections we are able to make with each person in the safe environment of 'A Friend's Place'.

'A Friend's Place' has been our 'baby', so when it came time for us to symbolically place our 'child' in safe hands we thought long and hard about who would be the right persons to guide the service into the future. Peter Coupland and Liz Mann were to be our dream team, but life dictated otherwise. When Peter died, Liz took a deep breath and agreed to take the daunting and courageous step into the future as a 'sole parent', and every day we are reassured about the wisdom of our choice. We believe that with Liz at the helm, everyone is in safe hands.

Like most sole 'parents', Liz needs support. We (Mal and Di), as co-founders and Centre Patrons who understand the

challenges involved, provide what we can from the wings. Dr. Alison Turner and Sam Borenstein, mature and experienced clinical psychologists, add to the Centre's infrastructure as clinical consultants. The current Board ensures the Centre's financial survival and in addition, grace all Centre occasions with their presence and genuine interest and care. And, as we have already acknowledged, Liz has the support of the talented team of counsellors who assist in planning and delivering a truly client centred service.

Many people reading this newsletter will already be aware that 'A Friend's Place' is the first specialised service for bereaved children in Australia. You will probably know that the service includes individual counselling and group support for children and their caregivers, adventure weekends for children, and from this year, also for families, all free of charge, and irrespective of the cause of death. You will probably also be aware that the Centre receives no government funding. We believe that the service is world class and are proud of the fact that in this safe setting, children's grief is normalised, understood, and supported as they learn how to live in a world that has been forever changed by their loss.

If we could see into the future, we wonder what the National Centre for Childhood Grief might look like as it celebrates its 50th anniversary. Where will it be 'housed'? What services will it provide? Will society have developed greater understanding of the needs of bereaved children and their families? Will all schools have school counsellors and teachers trained so that the school environment feels safe for grieving children?

We hope that someone reading this newsletter will help Liz to fulfil the dreams we began but are now hers, that they will ensure that all bereaved children can sustain the hope of a fulfilling future despite the pain of grief.



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1. The Boulevard
Lewisham

2. Group room
Lewisham

3. Brucedale Ave
Epping

4. Group room
Brucedale Ave

5. Di passing over
Clinical Director
role to Liz

6. Di & Mal with Bob Baugher (USA) taken 25 yrs ago outside
Lewisham



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TRIBUTE TO ANN MULHERON

Dianne McKissock OAM – Cofounder, Patron and Clinical Consultant

Ann Mulheron, our dearly loved and loyal colleague for 33 years, died in August 2018.

During those eventful decades since 1985, Ann counselled many, many bereaved adults, taught bereavement counselling skills to countless others, and provided clinical supervision for counsellors during and after their intensive, post graduate training course at the then Bereavement C.A.R.E. Centre.

When the National Centre for Childhood Grief was established 25 years ago, Ann became an unpaid facilitator of one of the parent groups. Parents met then, as they do now, for a concurrent session while their children participate in their own support group.

After each support group session, the team of children's counsellors plus the facilitator of the parent group, meet to share a meal and plan the next session – usually based around themes which emerge from the children's discussions or issues raised by parents.

My favourite memory of Ann at those post session dinners

is the smile on her face as she took her place at the table and inevitably made the spontaneous and genuine comment 'I love those parents – they're beautiful human beings, and so courageous'. She always placed her hand on her heart for emphasis.

Ann reluctantly stepped out of her role when she was diagnosed with cancer in January 2018, but her thoughts remained with us all. She treasured any updates we could give her about what was happening in the lives all the parents she knew, and the lives of their children. Ann cared deeply – about the Centre, and everyone who touched her heart.

Memories of a beautiful woman, a treasured colleague and friend, will remain with us forever. We are thankful for all that she was, all that she means to each of us, and to her invaluable contribution to life. In spirit, Ann will always be a part of 'A Friend's Place'.



BETTER HOMES & GARDENS

Dr Elizabeth Mann – Clinical Director

In January this year, we had the wonderful opportunity to have the Better Homes and Gardens' team come and redecorate one of our kids counselling rooms. 'A Friend's Place' was turned into both a recording studio and a workshop for a number of days.

The Better Homes and Gardens team were exceptional.

They were very interested and respectful of the work that we do with bereaved children and their families. They genuinely wanted to produce a space that would enhance the counselling experience for hurting children. Our team really stepped up and Scott, Manny, Betsy, Wendy, Annette and Valda

all agreed to appear on the show in various capacities. I am constantly astounded by the commitment of our talented team and what they will do to ensure we can keep on doing the work that we do. Scott was brilliant in his interview with Tara and gave the audience a great summary

of how we work with grieving kids.

The final result was a beautiful, whimsical room that the kids just love. It is now the most popular counselling room for both children and counsellors and is in constant use!

The episode was aired on Friday, May 3, and we have had lots of positive feedback following this, including people offering to volunteer for us and bereaved people reaching out to us for help.

I want to thank the Better Homes and Gardens team for making this possible, and for their professionalism that was evident throughout this process. We hope they might return some day and help us bring some fresh change to another of our therapeutic spaces.

View the segment here: <https://www.bhg.com.au/dream-and-play-space-for-kids>



YOUNG ADULTS GROUP

Milana Gusavac

The NCCG's pilot Young Adult Group began in April 2018. There is nothing quite like this group out there and being a part of it has shown me just how much need there is for programs like this.



Talking about my grief as a young adult who lost my dad as a child has been difficult, as there was always a stigma that I should have "gotten over it" by this point.

This group has given me a safe space to talk about those emotions and also see that many of the issues I face with my grief are echoed in those around me.

The group has provided me with so many tools and strategies for how to cope with my grief and also helped me better understand it as an adult. I've been able to take these skills and use them within other relationships, especially with my family, which has led to an even more enriched memory of my dad. This group has presented me with a safe supportive space where I am able to bring my dad and his memory into the forefront and it has been so helpful to me.

The Young Adult Group has truly had such a positive impact on my life and I'm extremely thankful to have been a part of it.



BLACKMORES RUNNING FESTIVAL

Cheryl & Holly

Holly and I were referred to 'A Friend's Place' by her school Principal following her father's sudden death in July 2017. It was Holly's 11th birthday shortly after this and the team went out of their way to fit her in for her first appointment,

to support her as best as possible during this very difficult time.

We have both been so immensely grateful to have connected with 'A Friend's Place', where we have felt welcomed, safe and surrounded by caring people who understand how we might be feeling (both the team at 'A Friend's Place' and the other families we have met who we share our grief experience with).

We started with one on one appointments, but not long

after transitioned into a group, where Holly has been able to make friends with other children who have unfortunately lost a parent, and I have been able to share the difficulties of solo parenting whilst grieving for my loved husband with others who really get just how hard that is. I honestly don't know if we would have adjusted to the way life is if we hadn't become part of the family that exists at 'A Friend's Place'.

As part of our journey, about a year after my husband and Holly's Dad, Marcus, passed away, we decided to enter the Blackmores Running Festival (as I had joined a fitness group in our local park, and the trainer had encouraged me to set a stretch goal for myself). Rather than just doing the run for fun, we decided to dedicate our run to Marcus and undertake a fundraising event for 'A Friend's Place'. The response from our friends was amazing and we are so pleased that by doing this we have been able to raise awareness and much needed funds for the Centre.

The support Holly receives is truly amazing, and the fun and caring environment of her group sessions means she looks forward to coming every fortnight and is navigating her way into life by carrying her grief in a way she can now manage.

Cheryl and Holly raised \$1500 for NCCG. Again, we were incredibly grateful for their support and touched by all those who willingly gave, to support these two, and in turn the NCCG.



FUNDRAISER NIGHT: 'THE INTERCEPTORS'

We were very fortunate to have The Interceptors put on an amazing gig at Coogee Diggers back in March to support us, especially in celebrating our 25th Anniversary. It was a night of awesome music & dancing!

A big thank you goes out to The Interceptors, friends and family who attended and supported us and the generous donations also received by those who couldn't make it on the night.



NEWS: Workshop offers vital resources to support grief-stricken students

School counsellors across the Hunter have been equipped with greater skills and knowledge to support students going through a tough time.

The National Centre for Childhood Grief (NCCG) delivered a free workshop at the University of Newcastle's NeW Space campus to increase awareness around the needs of bereaved children.

The Greater Charitable Foundation has partnered with the NCCG, committing \$40,000 to help distribute Grief Resource Packs to 200 rural and regional schools throughout the state over the next 12 months.

St Philip's Christian College Cessnock's wellbeing coordinator, Aaron Hodges, who attended the session, said the NCCG's resource packs would be invaluable in the bid to educate staff on how to manage and support children and young people.

"We have more than 1,000 students across years K-12 that all respond differently when faced with situations involving loss or grief," he said.

"It is our role as caregivers to recognise when these children are suffering and be armed with the skills and knowledge to help them through their bereaved state and manage their emotions."

"This is the first time, as a wellbeing coordinator, I have had access to a tailored set of resources and a training program specifically focused on grief and loss to help navigate age

appropriate methods of assisting children facing devastating life circumstances, such as separation of parents, which is probably the most common issue we see arise."

The NCCG is Australia's only provider of free and unlimited specialist bereavement counselling to children and teenagers.

Clinical director, Dr Elizabeth Mann, said its programmes and resources are internationally recognised and have assisted teachers, parents, and carers for more than two decades.

"This year, NCCG celebrates its 25th anniversary and in this time has established and maintained a free and unlimited service that provides children with much needed support and the resources they need to learn to manage their grief and go on to live fulfilling lives," Dr Mann said.

Visit childhoodgrief.org.au for more information on the NCCG and the educational resources available.

~ Ben Murphy, Newcastle Weekly



*National Centre for Childhood Grief's senior bereavement counsellor, Scott Andrews, at NeW Space with clinical director, Dr Elizabeth Mann.
Photo Peter Stoop.*



INAUGURAL FAMILY CAMP

Betsy Hill – Bereavement Counsellor



Friday, 3rd May, saw 26 intrepid “campers” head down to ‘Quest for Life’ in Bundanoon for the NCCG’s first Family Camp. Despite all the busyness in families’ lives, 6 of our bereaved families set aside their weekend to talk, remember and share stories about their loved ones who have died. No doubt feelings were mixed as

they unpacked their bags, settled into their comfy rooms and met the others on camp. The children were quick to introduce themselves as those who arrived first welcomed the newcomers. Some fun warm up games soon had everyone talking and laughing and new friendships began over delicious bowls of pumpkin soup.



Saturday morning saw the arrival of ‘Feature Creatures’. Frogs, spiders, stick insects, lizards, snakes and even a baby crocodile joined our little group. What a treat it was to watch both kids, parents and support workers step out of their comfort zones with trepidation and lots of laughter as they made, or tried to make friends, with some of our more intimidating bush creatures. Thanks to Jacki and Kev for the great show.

Children and their parents had opportunities over the weekend to spend time talking together and in separate groups as they engaged in a variety of activities that enabled them to share their stories of loss, love, grief and resilience.

The children made beautiful hearts, and symbolic bush installations, and finally unique family trees, which they were able to share with each other, and with their parent. Many of these they took home to symbolise their abundant love, and as reminders of time shared at camp.

Our planned Saturday night camp fire was not possible, but the rain did not dampen the moving candle ceremony, as flames of love flickered in honour of those for whom we grieve. It was a very special evening.



By Sunday lunchtime the campers were ready to head for home. Many weary from late nights playing and chatting but able to summarise their feelings about the weekend in phrases like, “it has been a privilege to be part of the group”, “a weekend full of treasures”, “lots of fun”, “enjoyed making new friends”, “it was great to be with other people who understand”, “I am so grateful to have had this opportunity”. It seemed that

Friday’s trepidation had become Sunday’s appreciation, and strangers had become friends through shared experience, compassion, laughter, tears, understanding and lots of fun.

Thank you to all who attended - parents, children and support workers for making our inaugural camp such a great success. I don’t think our first camp will be our last!





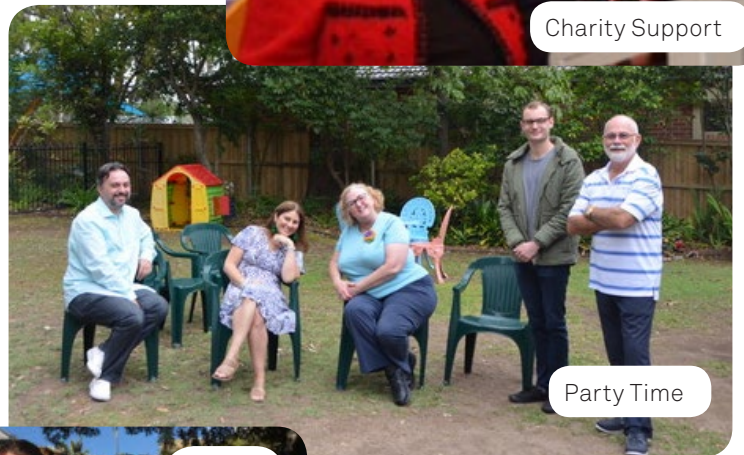
Chill Out Time



Charity Support



Craft Love



Party Time



More Craft Love



Family Fun Run



Victor Dominello Visits



Gift Time



Volunteer Love





Working Bee Love



More Charity Support



Office Smiles



Team Love



Ladies Having Fun



Garden Love



More Team Love



A BIG THANK YOU ...

... to all our individual and corporate sponsors, for all the monetary and non-monetary contributions you have made towards our bereavement counselling programs. We are incredibly grateful to everyone for the myriad of ways in which you show your support to the bereaved families that access our services.



Macquarie Group
Foundation



Thyne Reid
FOUNDATION



Commonwealth Bank Club of Eastwood-Gladesville



First Foundation



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or call us on **1300 654 556**



To see our wish list for details of craft materials
and clinical resources visit our website
childhoodgrief.org.au/get-involved/

A tax receipt will be issued for all donations over \$2.00