

**“We need not
walk alone”**

Is the Compassionate Friends motto. Please remember this and contact us if you feel we can support you.

The Compassionate Friends

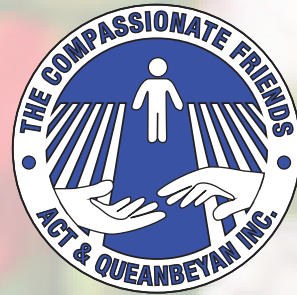
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**The
Compassionate
Friends**

ACT & Queanbeyan Inc



An organisation of
bereaved parents
and their families

The Compassionate Friends

Is a worldwide organisation of bereaved parents, siblings and grandparents offering compassionate peer support, friendship and understanding to each other following the death of a child of any age from any cause.

Support is offered on a one-to-one basis, through monthly sharing meetings and other events.

We welcome bereaved parents, siblings and grandparents to our group and invite you to share the services we offer.

We recognise that many people who have suffered the loss of a child or sibling feel a bond with others similarly bereaved and we extend the hand of friendship to you.

Sharing Meetings

Sharing meetings are held monthly from 6pm at the Red Nose Office,

70 Maclaurin Crescent, Chifley, ACT (known as the Chifley Hub). We respect the privacy of those who come to us for support and assure confidentiality.

A shared understanding creates a deep connection and provides a safe space for freely expressing emotions, fears and memories.

Newsletter

A quarterly newsletter is produced detailing forthcoming events.

Members are encouraged to contribute their thoughts and ideas to the newsletter.

Social and other events

Throughout the year we host various other events such as morning teas, self-care days, a Christmas lunch and memorial ceremonies.