

## What is Bereavement?

After the death of a loved one, many people experience a period of grief (often referred to as bereavement). Feelings of shock, sadness and pain become very apparent in this time and can often be hard to manage by yourself.

Support during this time can be beneficial as it can help us to accept and understand our pain and grief in a safe and comfortable environment. In doing so, we can learn how to continue to live our lives in a full way whilst remembering and valuing our loved one and the memories we have shared with them.

## Who was Hilda?

After one of her daughters died from Leukemia at the age of 20, Hilda des Arts developed a passion for palliative care and counselling those experiencing grief and loss. It was this passion that allowed her to achieve her dream of creating a facility in Ipswich that provided a home-like environment where people with terminal illness could rest without sacrificing medical care.

With the help of various community members and local business groups, Hilda worked tirelessly to establish what became Ipswich Hospice Care in 1988.

The Grief and Bereavement Service is provided by Ipswich Hospice Care and is co-located on the Ipswich Hospice site, in Hilda's House. The Grief and Bereavement Service is available to anybody who resides in the West Moreton Health region.

## Ipswich Hospice Care Ltd.

ABN 63 563 946 327

Ipswich Hospice Care acknowledges the Jagera, Yuggera and Ugarapul people, the Traditional Custodians of the land, and pays respect to Elders past, present and emerging.

☎ 07 3812 0063

Fax: 07 3812 0232

✉ [information@ipswichhospice.org.au](mailto:information@ipswichhospice.org.au)

🌐 [www.ipswichhospice.org.au](http://www.ipswichhospice.org.au)

📍 37 Chermside Rd  
Eastern Heights, QLD 4305

🕒 Contact Hours  
8:00am - 4:00pm

Help us continue to care...  
Leave a Legacy Gift in your Will for  
Ipswich Hospice Care

## Ipswich Hospice Grief & Bereavement Services

*Located at Hilda's House*



Ipswich  
**Hospice**  
Care





## Our Services

### Individual Support:

One-to-one support for adults and children who are bereaved. This can be 'in-person' or via telephone.

### Palliative Care Counselling:

Individual and family counselling for those who are facing the end of their life, and for their loved ones.

### Kids' Grief Group:

A program for children aged between 6 and 14 years who are bereaved and want a safe environment in which to express their feelings of grief, while meeting other children in similar situations.

### Parents and Carers Support Group:

Offered concurrently with the Kids' Grief Group, this program is for people supporting children through grief and who are interested in understanding more about the way children grieve.

### Adult Grief Group:

A program for bereaved adults who would like to get together with others in a facilitated group.

### Drop-in Group:

Twice monthly informal gatherings for people who are bereaved and are interested in connecting with others in a similar situation.

### Practice Development Opportunities:

Customised and general training, supervision and mentoring opportunities for professionals wishing to develop their skills in the area of counselling, and grief and loss support.

### For Your Information:

All bereavement and palliative care support services are provided by a team of trained practitioners and volunteers. The team includes Social Workers.

*There are no out of pocket fees associated with our services. However, a donation is appreciated. All donations \$2 and over are Tax Deductible.*

## How to Access Our Services

Our Grief and Bereavement Services are offered to anybody who has experienced the death of a loved one, expected or unexpected, and has identified the need for support.

Referrals can be made by:

- Phoning Ipswich Hospice (07) 3812 0063
- Emailing [adminhh@ipswichhospice.org.au](mailto:adminhh@ipswichhospice.org.au)

Health professionals and schools can also refer by clicking on the 'Referrals' tab on our website ([www.ipswichhospice.org.au](http://www.ipswichhospice.org.au)).

Following referral, a member of the Grief and Bereavement Team will contact you and invite you to meet with our Social Worker. The purpose of this initial consultation is to work out which program is the best for you and your unique circumstances.