

GriefCare Tasmania

These offerings are part of the GriefCare Tasmania pathway, a caring network of services here to support you through grief, loss and bereavement.

GriefCare Tasmania offers a simple, single point of contact so you don't have to navigate this alone. Whatever your situation, we can help connect you with the right support that feels right for you.



Scan the QR code or visit tas.relationships.org.au/griefcare-tasmania to find out more.

Our Locations

Hobart

20 Clare Street
New Town
Tas 7008

Devonport

68 North Fenton Street
Devonport
Tas 7310

Launceston

6 Paterson Street
Launceston
Tas 7250

Not near a centre?

Most services are available via phone or video and some are available via outreach.

Call our friendly team to make a booking.

 **1300 364 277**

For interstate callers please use:

 **(03) 6279 5000**

 **tas.relationships.org.au**

Independent / Inclusive / Non-Religious / Confidential



Grief, loss and bereavement support

Together we'll find a way



Relationships
AUSTRALIA · TAS

I am struggling to make sense of my grief

Grief and Loss Counselling
Hobart, Launceston & Devonport

Grief can feel overwhelming and unpredictable, and it affects everyone differently. You might be grieving the death of a loved one, coping with illness, losing a job, retiring, or adjusting to changes in relationships or your surroundings.

Our counsellors listen, help you understand your feelings and support you to find a way forward at your own pace.

I've lost someone to suicide

Albie House
Hobart, Launceston & Devonport

Albie House offers free suicide bereavement groups where you can connect with others who have experienced loss through suicide.

Our groups are non-clinical, designed to provide a space where you can talk openly, feel supported, and take things at your own pace.

Come along, listen, or share, whatever feels right for you. There's no expectation, just a space where you can be supported by people who understand.

My child needs support with grief, loss and change

Seasons for Growth Workshops

Seasons for Growth is a series of small group workshops for children and young people who have experienced grief, loss and change in their lives.

Through guided discussions and creative activities, the workshop helps children and young people recognise that their reactions are normal and learn new ways to cope.

They are supported to build skills in communication, decision making and emotional understanding, while also connecting with others who have had similar experiences.



I need support to talk openly about death and my end of life wishes

Death Over Chocolate Workshops

Death Over Chocolate is a guided group workshop that encourages open conversations about death, dying, and end of life wishes in a safe, supportive, and welcoming environment.

Designed to imitate the comfort and familiarity of the kitchen table, you are invited to pull up a chair, gather around a platter of sweet treats, and connect over the one experience we all share – death. It's a chance to reflect, listen and learn in a way that feels supportive and approachable.

Death Over Chocolate is not a counselling session or a formal program, but rather a guided, thoughtful conversation in a safe space.

These programs are funded by:

- Family Relationship Centre
- The Australian Government
- The Tasmanian Government

