



**catholic
care**

WESTERN SYDNEY AND THE BLUE MOUNTAINS

Grief & Loss Counselling

Have a chat or book an appointment now.

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Grief & Loss Counselling

Catholic Care believes in doing everything we can to help individuals manage the emotions of grief and loss, and the change that can come with this. There is no right or wrong way to grieve. There is also no set pattern, and the timing of grief is different for everyone. We believe in respecting everyone's timing and various grief and loss experiences.

What support do we offer

Support for families dealing with a range of stress such as health, financial, mental health, grief and loss.

Support to help you manage issues during marriage, separation and divorce.

Support for families experiencing, or at risk of, family violence.

Support for significant others who have caring or other relationship responsibilities.

Who do we support

We support individuals, families, couples, children and young people.

We also support significant others such as grandparents and kinship carers who have caring or other relationship responsibilities.

What do we provide

Counselling, Therapeutic Intervention, Educational Programs, Information, and Referral.

A grief counsellor will:

- Listen and learn about your experience of grief.
- Support you as you navigate your grief in your own way.
- Provide information and strategies that might be helpful.



Where we are

- Blacktown
- Parramatta

We also provide counselling via online & phone.