

## **BEREAVEMENT RESOURCE CENTRE**

### **OVER 150 YEARS OF PROVIDING SOUND ADVICE & PROFESSIONAL CARE**

Nelson Bros Bereavement Resource Centre was established in February 1987 to help all those in the community with death and grief.

Our Centre is now located at our Port Melbourne office, 214 Lorimer Street. It is open Monday to Friday 9am-5pm to all members of the community.

Assistance is now available for:

Those who have experienced a recent bereavement and require further information regarding a support group.

Those who need information on professional counselling or reading material on understanding grief

Parents in need of advice and help in talking to their children about death and dying

Students who are studying the subject of loss, death and grief, and need recent authoritative reference materials

The professional who wants an increased understanding of how best to assist people experiencing loss

The resources are drawn from all over Australia, and also from overseas. Correspondence with other professional and frequent attendance at local and international conferences ensures awareness of recent research and materials, as well as promoting understanding and expertise in the areas of death, dying and bereavement.

#### **SERVICES PROVIDED**

##### **Assistance in Seeking Professional Guidance**

Our participation in professional associations enables us to refer individuals to counsellors in their own area.

##### **Information on Local and Area Support Services**

Even though the family may provide much needed support, there are times when one needs to reach out beyond this close circle.

Support groups, comprised of individuals who share similar feelings and experiences, can provide solace and understanding. Our Bereavement Resource Centre can assist with information regarding local support groups.

##### **Library and Audio-Visual Services**

Dealing with death can be very difficult, so we have developed an extensive collection of books, journals, brochures and audio-visuals on death, loss and grief. We believe the library is an excellent resource for the grieving, the student, and those in caring professions.

Included in the library are informative books on grieving, suicide, explaining death to children, dealing with the loss of a child or parent, coping with the impending death of a terminally ill friend or relative, plus clinical books for students, teachers and therapists.

Our Library Categories are:

Aging

A.I.D.S.

Children

Clergy

Counselling

Cultural Attitudes

Death Education  
Disability & Death  
Dying  
Euthanasia  
Funerals  
General  
Holidays  
Infant Death  
Journals  
Life After Death  
Medical Profession  
Men & Grief  
Newsletters  
Parent Death  
Parenting  
Personal Grief Journals  
Pet Death  
Poetry  
Suicide  
Support Group Manuals  
Teenager  
Theology  
Trauma  
Widowhood

### **Workshops and Seminars**

Numerous workshops and seminars are conducted each year throughout Victoria, sometimes in conjunction with local support groups and/or community centres. All members of the public are invited to attend these programs.

### **Educational Presentations**

Many schools, parent groups, service clubs, clergy, churches, hospitals and self-help groups have found this service invaluable. Trained and experienced staff give educational presentations on topics such as

Talking to Children About Death

Understanding Loss and Grief

Suicide

Helping Others Work Through Grief

Values of the Funeral

Pre-Arranged Funerals

Presentations and Funeral Home Tours can be specifically tailored to meet the needs of each group. If you are interested in having someone speak to your group, please call the centre on (03) 8398 4333.