

Bereaved Carer Peer Support Group



Have you recently lost someone
you cared for?
You don't have to navigate this
journey alone.

This group is for those who've cared for a loved one and are now navigating life after loss. It's a gentle, supportive space to honour your story, process grief, and reconnect with your identity—among others who understand. Expect connection, peer-led discussions, shared stories, and themes like grief, meaning, loneliness, and moving forward. Codesigned and carer-led.

When and Where:

This is an expression of interest. We'll set the dates, times, and location once we know who's keen to join and the areas that work best, so the group is as accessible and convenient as possible for everyone.

RSVP and additional info:

If you are interested in this group follow this link www.karuna.org.au/carers-support and complete the enquiry form and one of our team will be in touch. To speak with someone directly call Karuna on 36328300.

To find out more about Carer Gateway visit carergateway.gov.au or call **1800 422 737** Monday to Friday, 8am to 5pm. Emergency respite support available 24/7.