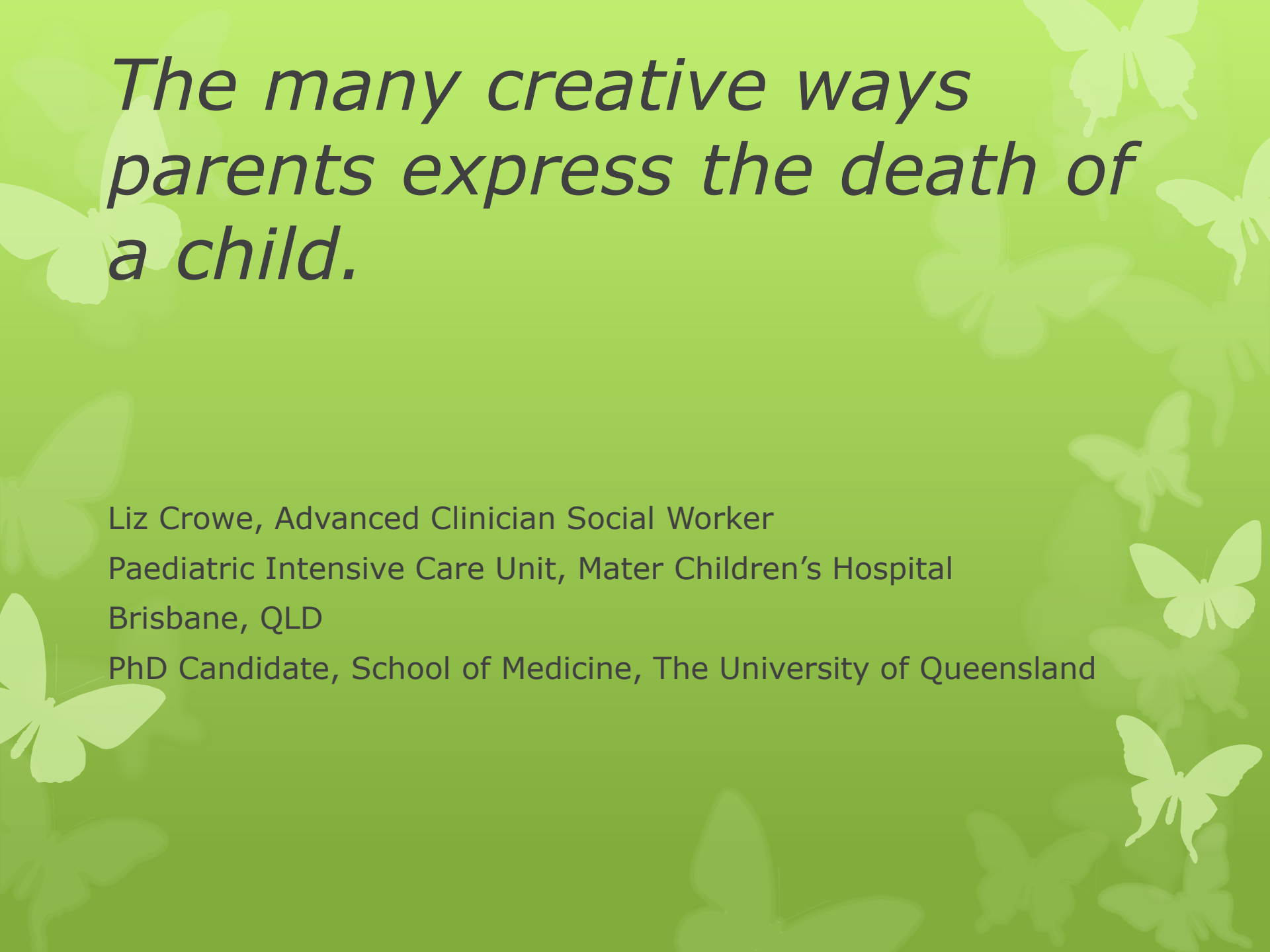




The many creative ways parents express the death of a child.

Liz Crowe, Advanced Clinician Social Worker

Paediatric Intensive Care Unit, Mater Children's Hospital

Brisbane, QLD

PhD Candidate, School of Medicine, The University of Queensland



WHEN SOMEONE YOU LOVE
BECOMES A MEMORY,
THAT MEMORY BECOMES A
TREASURE



Isaac wears one



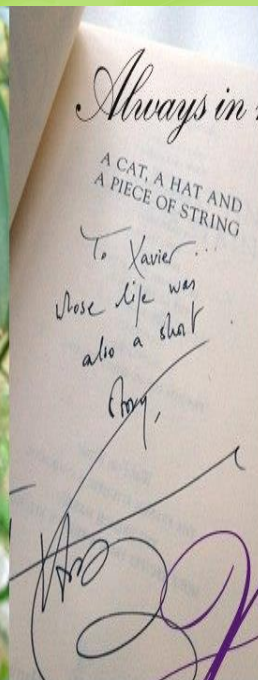
prayer flags



Xavier James May

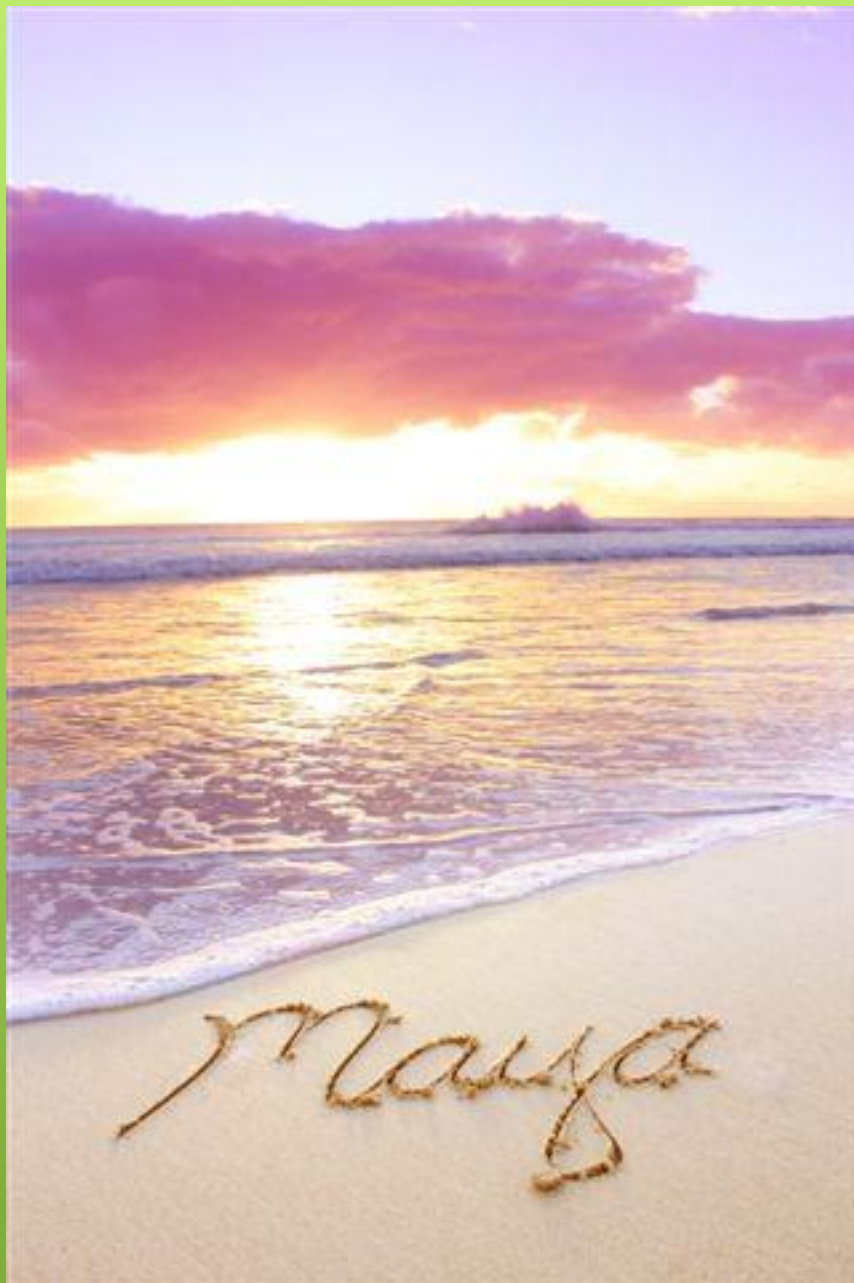


Xavier's plant



Remembering Xavier

Xavier the other





1 Dec *Create a Christmas candle for your child.*
Decorate a pillar candle or decorate a jar to hold a tea light candle

2 Dec *Make or buy a Christmas Keepsake for another bereaved parent. Try to incorporate something that relates to their child.*

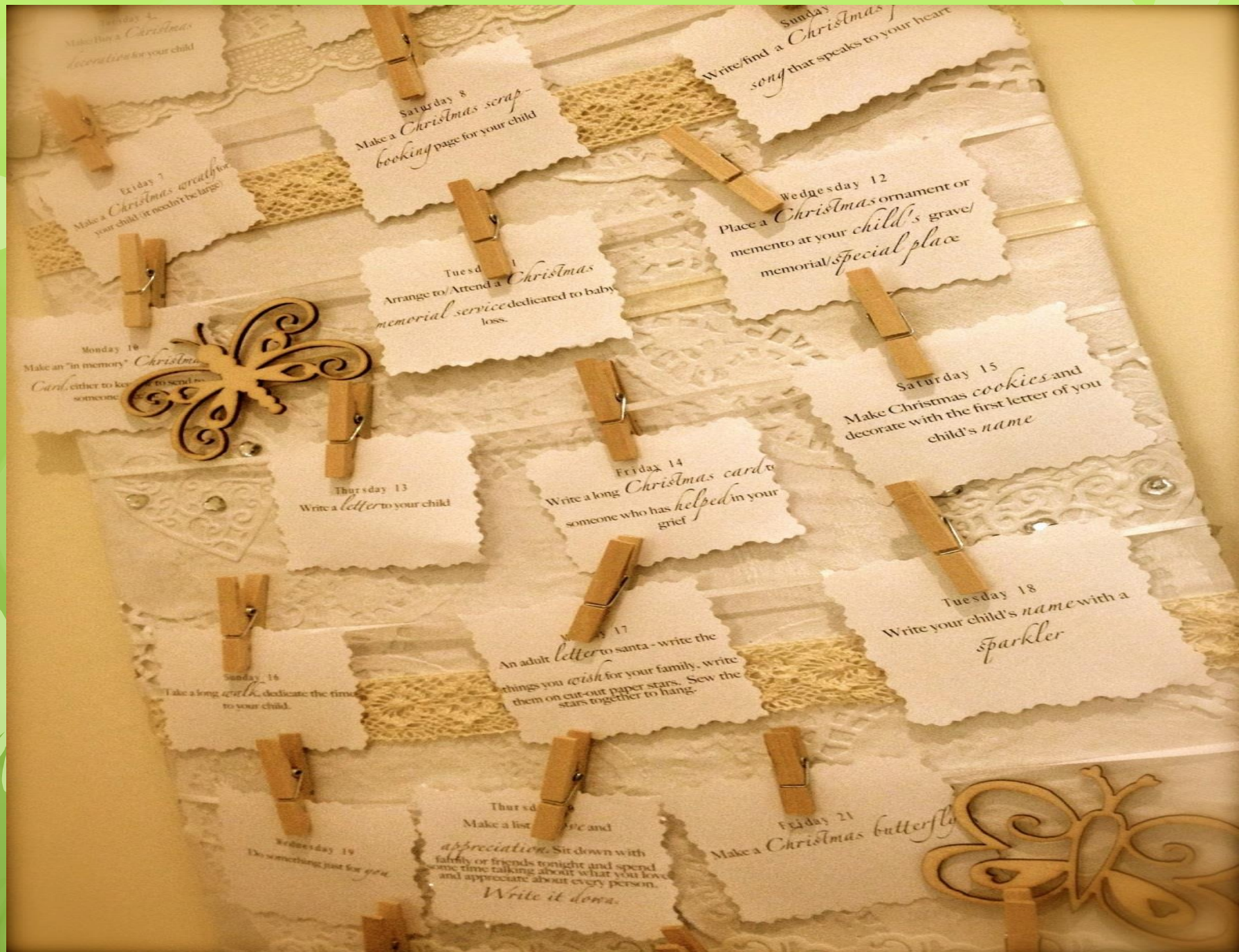
3 Dec *Make or buy a Christmas decoration for your child.*

4 Dec *Make or buy a Christmas Stocking for your child. Encourage family and friends to fill it with drawings, poems and Christmas cards to be read on Christmas Day.*

5 Dec *Buy a Gift for a charity for a child the same age as your child would be.*

6 Dec *Make a Christmas Wreath for your child*

25 Dec *Light the Christmas Candle and remember your child all day.*







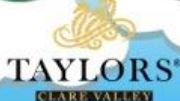








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Research

HREC13/MHS/4

(Genomics of sepsis)

Doing a PhD













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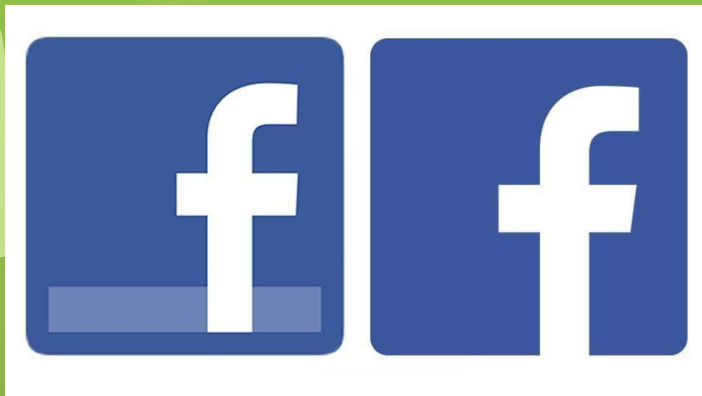




Bereaved Parents' Watering Hole

A safe place to express both sadness and hope.

The Grief Healing Blog: Marty Tousley, the author of the Grief Healing Blog, is awesome on so many levels. She has a diverse professional resume and has experienced grief and loss on a personal level. She frequently updates her blog with really helpful and informative posts, many of which she supplements with lists of related content from other blogs and websites. She works hard to stay connected with other sites and you can always count on her to post, tweet, pin a ton of great grief support information from around the web. Lastly, she is really active on social media so you can easily follow along with her on [Facebook](#) and [Twitter](#) among others.



SUMMARY

- Bereavement and Grief is expressed in many different ways
- Parents and family members often need permission to grieve creatively in a way that makes sense to them
- Using a variety of tools and mediums to assist people to connect with their grief is a powerful way to build continuing bonds and to work with individuals who may find counselling too much pressure