

DECEMBER**3**
WED
DEC**Navigating Grief**

Facilitated group discussion.

Discuss the emotional, physical, and spiritual ways we can help to support ourselves during times of despair and sorrow.

10:30am – 12:00pm. No charge.

Bookings required at smct.org.au/events

 **Springvale****7**
SUN
DEC**Children's Remembrance Service**

We warmly invite you to attend our Children's Remembrance Service. This special community event is an opportunity to reflect and honour the memories of cherished babies and children, gone but never forgotten.

Location: Stratus Reflection Space.

Time: Service commences at 5:00pm with arrival from 4:00pm onwards. No charge.

Bookings are essential: smct.org.au/events

 **Bunurong****21**
SUN
DEC**Sunday Jazz**

Enjoy a relaxing Sunday afternoon with great food, coffee and the smooth sounds of the Jennifer Salisbury Jazz Duo.

12:00pm – 3:00pm.

Café Vita deck.

 **Springvale** **Bunurong Memorial Park**
790 Frankston - Dandenong Rd,
Dandenong South VIC 3175 **Springvale Botanical Cemetery**
Third Drive, 600 Princes Highway,
Springvale VIC 3171smct.org.au/ccw**Bookings**

smct.org.au/events
Call or text: 0428 213 776
email: care@smct.org.au

Our program will recommence in February 2026

To keep updated with future offerings subscribe to our newsletter at smct.org.au/grief-support.

Grief in the holiday season

Celebrating the festive season and welcoming in the new year after losing a loved one can be a sensitive time.

You can find some handy and healthy tips for coping with grief during this period over the page.



Coping with grief in the festive season

The idea of celebrating the festive season and welcoming in the new year after losing a loved one can be a sensitive time for those journeying through grief. If you're navigating your way through grief or supporting a loved one on their grief journey, the following suggestions may be helpful.

Take time to reflect

Take time to slow down and reflect whenever possible. Staying aware of how you're coping—and what you need to support your own well-being—can make a big difference. This clarity will help you decide when to say "yes" and when to politely decline certain events.

Express and be open about how you feel

Stay connected with family and friends during festivities by sharing how you're feeling. The more they understand you the better they can support you.

Share in stories and memories of your loved one

The holiday season is a time of reflecting and sharing in beautiful memories, so why not share stories of your loved one with family and friends. They might even have fond memories of their own that they'd like to share with you.

Decide which traditions you want to keep and which you may want to let go of

It's okay to release traditions that feel too painful to continue. Focus on the ones that bring you comfort and meaning and give yourself permission to create new ones if that feels right.

Create new traditions in honour of your loved one

Create or incorporate new holiday traditions that honour the memory of your loved one. There are many different ways to do this, they could include cooking their favourite dish, playing their favourite game, visiting a place they loved or even donating to a charity they supported.

Allow yourself to have a good time

Grief for your loved one will always be part of your journey, but it's okay to embrace moments of joy during the festive season. Giving yourself permission to enjoy these times can be a meaningful way to honour both your well-being and their memory.

Join a support group

Being surrounded by like-minded people who are facing similar emotions over the Christmas season can be comforting. Sometimes it's just nice to know that you're not alone.



smct.org.au/ccw

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