



Contact Chessed

When an individual or family contacts JewishCare about their loss, FirstCall JewishCare will pass the referral to the Chessed psychologist who will arrange a meeting as soon as possible.

Becoming a Chessed bereavement support worker

To volunteer to become a part of this rewarding program and to learn how to help people during this critical time call JewishCare's Chessed Bereavement Support coordinator on 1300 133 660 and arrange for an interview.



Who do you contact?

FirstCall JewishCare

1300 133 660

or email

firstcall@jewishcare.com.au

JewishCare provides

-  Community aged care for older people living in their homes
-  Services for people with disabilities
-  Services for children and families
-  Mental health services
-  Information about community services, referral and case work

JewishCare relies on financial support from the community. To find out how you can help call Maureen Mendelowitz on 9302 8003

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Supporting people who
have suffered loss and
those who are grieving



Chessed bereavement support





What is Grief?

Grief is an emotional response to loss.

It is the pain of letting go and can be an extremely intense process, affecting a person's ability to function in everyday life.

The philosophy of Judaism is to accept death as a part of life, and grieving as a normal process.

Nevertheless, feelings can still be very strong and may be difficult to deal with. This is the time that JewishCare's Chessed Bereavement Support program can help by assisting people learn to cope with their feelings and understand more about their grief and mourning.

How Chessed can help?

Chessed offers the opportunity to talk freely with a counsellor or bereavement support worker who is trained to listen and offer empathy and understanding.

Support workers understand the process of grief, and can support the bereaved person through this often painful time in their life.

The Chessed psychologist who oversees the program is highly skilled and has many years experience in working with grief and loss.

Support workers can also assist the bereaved person to adjust to their changed circumstances, whether they are a result of death or any other loss.

Who are Chessed bereavement support workers?

Bereavement support workers are skilled and trained Jewish volunteers.

They are individually chosen and undergo extensive training in the area of loss and grief support.

These support workers receive ongoing and regular supervision by a professional team of psychologists and social workers.

What is Chessed?

Chessed is Hebrew for lovingkindness.

JewishCare's Chessed Bereavement Support program provides counselling and support for those in the Jewish community who have suffered a loss or are in the process of grieving.

While loss is often associated with death, the Chessed program can also help people who are experiencing loss as a result of migration, miscarriage, serious accident or deterioration in health.

