

Support *continues*

**red
nose**
grief and loss

We are here for you now and *always*.



Remember our Support Line 1300 308 307 is available 24 hours a day, 7 days a week, 365 days a year.

Ways to stay in touch

- Sign up for our Newsletter
- Get involved by volunteering
- Join Heart Strings
- Join your local community catch-ups
- Participate in our fundraising activities
- Find your local private Facebook group



Interpreter

If you need an
interpreter **call 131 450**
& ask them to call
the Red Nose
Support Line

visit **rednosegriefandloss.org.au**

“Being a [Heart Strings] member keeps special connection with the wonderful support Red Nose provides and a more personal way to learn of happenings to honour little lives lost, share stories, and remember.”

Cara – Jonty's Mum

