

# The Compassionate Friends Credo

**We need not walk alone.  
We are The Compassionate Friends.**

We reach out to each other with love, with understanding and with hope.

Our children have died at all ages and from many different causes,  
but our love for them unites us.

Your pain becomes my pain just as your hope becomes my hope.

We come together from all walks of life,  
from many different circumstances.

We are a unique family because we represent many races,  
creeds and relationships.

We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh  
and so intensely painful that we feel helpless and see no hope.

Some of us have found our faith to be a source of strength,  
while some of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression;  
others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate  
Friends, it is pain we will share just as we share with each other our love  
for our children.

We are all seeking and struggling to build a future for ourselves, but we  
are committed to building that future together.

We reach out to each other in love and share the pain as well as the joy,  
share the anger as well as the peace, share the faith as well as the doubts  
and help each other to grieve as well as to grow.

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**The Compassionate  
Friends Queensland**  
Supporting family after a child dies

**1300 064 068**  
National Support Line

**07 3540 9949**  
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