

How I found Tree of Hope...

Many years ago I was fortunate enough to spot a small notice in our local Northern Beaches Parish bulletin mentioning a Support Group for family members or others who found themselves close to a loved one with HIV.

My beloved son was in that situation and as I knew no other parents with an adult child in a similar position I summoned the courage to attend a small gathering of what was known then as "Tree of Hope".

How blessed was I to gradually get to know and love many folk of all ages and life situations associated with this group. Since then, through regular social, reflective and spiritual get togethers, we have become strong and caring for each other.

We have open arms and warm hearts, if you find yourself in this situation, why don't you come and join us?

Katie-Rose

Mother of someone living with HIV

**For more information on our monthly lunches,
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CatholicCare
SYDNEY

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Tree of Hope

**Providing practical and emotional
support to people living with HIV,
their families and support person.**

CatholicCare
SYDNEY



What is Tree of Hope?

Tree of Hope is a CatholicCare community service which has been running for over 30 years. **It is a safe space and open to people of any faith or no faith.**

Tree of Hope is a welcoming space for support, celebration, meeting new friends, reflection, and hospitality. Monthly lunches are held at a private venue in Waterloo.

Anyone living with HIV, their family members, support network, or friends, can access Tree of Hope. We offer **lunches, retreats, reflection mornings, excursions and workshops**, in an inclusive, gentle and confidential environment.

Originally started by a Sister of Charity through the help of the Sydney Archdiocese in the mid 1990s, Tree of Hope aims to provide emotional, spiritual and practical support to people living with HIV, their family, or support persons.

“A place I found peace, solace, support, and a family... A place where I can take off my mask.”

Who can access Tree of Hope?

You can access Tree of Hope if you are:

- ✓ Living with HIV;
- ✓ A family member of someone living with HIV; or,
- ✓ The support person of someone living with HIV.

What takes place at Tree of Hope?

- Individual support
- People enjoy connecting with others in a social setting over a meal
- They make connections and new, long-lasting friendships
- People share in a caring community and feel a sense of belonging
- They often say, **“I can be myself”**

What does Tree of Hope provide?

- Person-centered pastoral care and emotional support
- Information and referral to other services
- Hospitality in a confidential environment
- Inclusiveness, trust and integrity
- Outreach to participants in need or in care
- Spiritual support
- Annual retreats, workshops, and social gatherings