



# Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter  
Rm 2, Mandurah Lotteries House, 7 Anzac Place  
Mandurah 6210

Ph. (08) 9535 7761  
website:- [www.tcfmandurah.com](http://www.tcfmandurah.com)  
E-mail:- [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)  
[editortcf@gmail.com](mailto:editortcf@gmail.com)

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ABN: 412 610 911 81

Founded in England by Rev Simon Stephens 1969  
Australian Founders Lindsay & Margaret Harmer, 1978  
WA Patron Graham Mabury OAM Cit WA FECU BA (Hons)  
Grad. Dip. Ed.



## Welcome



We all know how very isolating life can be following the death of a child. Not only do we feel alone but sometimes friends choose to stay away from us, often for the best of reasons, but making us feel even more alienated. If we don't know of another family in a similar situation we can feel like this has only happened to us. When bereaved parents, siblings or grandparents make contact with us for the first time they often express relief that we do understand and they no longer feel alone.

At this time of year, as we approach Christmas, it can be difficult to join in the celebrations. Yes some of us will attend church services but we are likely to shed tears throughout, especially if this is our first Christmas after the death of our child. This is why our Candlelight Memorial Service is so important for us. We come together with others in our situation and immediately no longer feel alone. The service is devoted to the memory of our child, or children, publicly, with tears allowed. The readings chosen and presented so carefully by bereaved parents, the beautiful music and prayers of our service, all combine to provide us with an amount of healing which is precious.

I do urge you to attend the Candlelight Memorial Service if you can. This year we are pleased to hold it at Christ's Church Anglican Church. We haven't been able to use this venue for the last few years and so do appreciate being back there again. The environment is perfect and the stained glass windows add to the beauty of our TCF service. I hope to see you there.

*Margot McAllister*  
*Mother of Kevin, Nana of Jackson*



## **22<sup>nd</sup> Annual Worldwide Candlelighting**

### **Second Sunday in December**

On December the 9th, The Compassionate Friends Worldwide Candlelighting unites families and friends around the globe in lighting candles to honour the memory of our children, siblings and grandchildren who have died too soon. Starting in New Zealand at 7 p.m candles are lit and as candles are lit in the different time zones we create a virtual 24 hrs wave of light around the world. Hundreds of candlelighting events are held and many in homes as families gather in remembrance of children who died too soon but are forever loved and remembered.



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## **Past Events and Coming Events**

### **Guest Speaking**

I was invited to speak to students at TAFE, Mandurah on Friday 9 November.

This is an enjoyable experience as the mature aged students are always very interested in what I have to say and of course they can now refer people to our services. Once again I sold some of our butterfly badges and was presented with a lovely floral arrangement.

*Margot McAllister  
PR Manager*

### **Father's Day**

We held a display with a raffle of items suitable as Father's Day gifts at Mandurah Bunnings store on the weekend of 25 & 26 August. This was a successful display on both fundraising and awareness fronts. Thanks go to all those who manned the display and to those who donated the items for sale and for the raffle basket.

### **Seniors Expo**

On Friday 16 November we held a display with a raffle at the Seniors Expo at Mandurah Seniors Community centre. There were a great number of other community agencies represented so this was a good opportunity to distribute our information. Our raffle was drawn by Sharon of Bendigo Bank and the happy winner was Phyllis Hoddy who is one of our members.

### **Christmas Gift Wrapping**

We're pleased to be included in the roster of charities who will be gift wrapping at the Mandurah Forum shopping Centre this December. This is always an enjoyable way to fundraise as people are happy to have the presents they've purchased wrapped nicely.

On the weekend of 15 & 16 December we have a display booked at Mandurah Bunnings Store.

A huge thank you must go to all those who volunteer their time to help out at displays. The Events team are supported by others and if you feel you can help out in this way please do let us know.

### **Office Closure**

Our Office will be closed from Monday 22nd December 2018 and will re-open on Monday 7<sup>th</sup> January 2019. If you need to speak to someone urgently, please call 9582 8113 or 9592 5339.

**The President, Committee and Volunteers wish  
you and your families a safe and peaceful**

**Christmas & New Year.**

### **Retreat 2018**

It was a nice, intimate gathering attended this year. The provided therapies such as reiki, readings, healing and crystal bowls were enjoyed by everyone. We also enjoyed painting therapy organised by Carolyn, Barb and Gary who also did a great job with the catering.

One disappointment was that the Shire had moved the date for fire restrictions so we couldn't have a fire lit for our evening sing-a-long. Peter played a song on his guitar for his son. Flowers on the water Sunday was very moving. The weather was lovely and everyone is looking forward to the next retreat.

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## **Candlelight Memorial Service** **2018**

**The Candlelight Memorial Service will  
take place on Sunday 9 December**

**At Christ's Church Anglican Church,  
Sholl Street, Mandurah**

**Arrive 6.30 for a 7p.m. start.**

**Hosted by Father Ian Mabey.**

**Candles are provided.**

**Please bring a plate of food for a shared  
supper**

**And a small framed photograph of your  
loved one.**

**Enquiries to 9535 7761 or email**

**[tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)**



## AGM

The TCF Mandurah AGM was held on Tuesday 25<sup>th</sup> September and 14 members attended. All positions were declared vacant and the Returning Officer was Nicki Reeves from Westaus Crisis Centre.

The following nominations were received for the TCF Committee and all were accepted and voted in so our new Management Committee is as follows:

President – Gary Withers  
Vice President – Carolyn Lee  
Secretary – Tina Pearce  
Treasurer – John Lawrence  
Public Relations – Margot McAllister  
Minutes Secretary – Patricia Connett and Committee Members Lyn Richards, Sylvia Watts, Michelle Hope, Peter and Judy Bright. Congratulations to them all.

After the AGM a light lunch was provided before the new Management Committee held their first meeting of the year.

## Waroona Outreach

My monthly visits continue to the Waroona Resource Centre to promote The Compassionate Friends. The occasional enquiry is made regarding the information on the display table by visitors to the centre but without any need for follow-up so far.

Each monthly meeting is arranged to coincide with the community 'cuppa' and allows me the opportunity to mix with the locals where we exchange news and discuss various topics. The end result being hopefully that as many of Waroona's locals as possible, become familiar with the name 'The Compassionate Friends' and the reason behind our group name.

**Sylvia Watts**

## International Children's Memorial Day

**A Worldwide gathering of TCF members for 24 hours.**

TCF Mandurah: We will be holding our "Flowers on the water" at Rotary Park, Esplanade Palm Beach Rockingham between Bell St & Vista Avenue at 8.30 Sunday 27<sup>th</sup> January 2019.

Flowers and cards will be provided. If you would like to share a dedication or poem to your loved one, this will be most welcome. We will then walk across the road to Mangles Bay and lay flowers on the water and spend some time in reflection. Morning tea/water/juice will be supplied for a gold coin donation.

We look forward to seeing you there for a special time of caring and sharing for each other. RSVP for catering 26.1.19. Please phone 9535 7761.

## Thanks



The residents of **Parkland Villas** have made several donations for which we are very grateful. Thank you for this ongoing support.

**Judith Court** recently donated two lovely quilts which she had made and we were able to use them for fundraising purposes. Thank you talented lady for thinking of us.

**The Drop Inn** always welcomes **Tina & Eddie Pearce** when they raffle a meat tray. If any members are looking for a good meal in a friendly atmosphere I'd suggest they "Drop In" on a Friday night and participate in the raffle. Thank you Tina & Eddie for your time and effort.

## Volunteer Training

On Friday 26 October Tina Pearce and Margot McAllister conducted a volunteer training session at Mandurah Lotteries House. Carolyn Lee, Michelle Hope, Fran Stretch, Judy and Peter Bright all completed the session and were presented with attendance certificates. Unfortunately several people couldn't attend on the day so we aim to present another training session in early 2019. Any member who is over two years since their bereavement is welcome to place their names on the list for the next training session. Please contact the office to do so.

## World Suicide Prevention Day

On 10 September "World Suicide Prevention Day" we held a display at the Mandurah Forum Shopping Centre. Lots of people stopped to speak about their experience or that of their family with suicide and were interested to see the support services that we have to offer. The photograph shows our President, Gary Withers at the display.



*Yesterday, Today & Tomorrow*



## **Grieving your child this holiday season.**

Here are some tips for coping with grief in the holiday season, take some, leave some, love some or hate some.

1. Acknowledge that the holidays will be different and they will be tough
2. Decide what traditions you want to keep and which ones you want to change
3. Create a new tradition in memory of your child
4. Make a conscious decision about where you want to spend the holidays; to keep it the same or to switch up the location
5. Plan ahead and communicate with the people you will spend the holidays with in advance to ensure everyone is in agreement about traditions and plans
6. Put out a memory stocking or box where you can write down memories you treasure. Pick a time to read them to honour your child
7. Light a candle in memory of your child
8. Include one your child's favourite dishes in your holiday meals
9. Make a donation to a charity that was important to your child in their name
10. Buy a gift your child would have liked and donate it to charity
11. See a counsellor. Maybe you have been putting it off, the holidays can be especially tough so this may be the time to talk to someone
12. Make a memorial ornament, wreath or other decoration in honour of your child
13. Send a card to your child's friends that you may have regretted losing touch with
14. Visit your child's grave and leave a blanket, wreath or other meaningful item
15. Play your child's favourite music during the holidays
16. Journal when you are having an especially bad day
17. Skip holiday events if you are feeling overloaded
18. Don't get stuck somewhere, if you go to holiday events drive yourself so you can leave early if it gets too much
19. Practice self-care, do what ever helps you to recharge!
20. Leave an empty seat at the table for your child. If this is too depressing, invite someone over for the holidays that doesn't have family
21. Remember it is okay to be happy, this doesn't diminish how much you love and miss your child. Don't feel guilty for the joy you do find this Christmas.

If you have any tips you would like to add to this list for future newsletters, please contact the editor.

Adapted from [whatsyourgrief.com](http://whatsyourgrief.com)

**He who has not Christmas in his heart will not find it under a tree...**

*Yesterday, Today & Tomorrow*





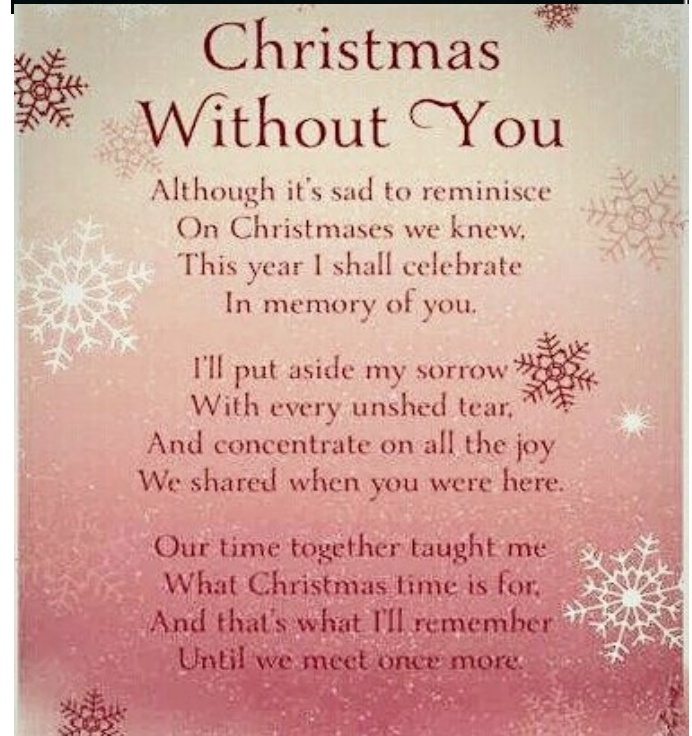
### TCF Australia

In August the TCFA board members met together for the first time. The venue was TCFVictoria, located in Canterbury, Victoria. During the conference members discussed the relevance of the strategic plan to today's environment, the major priorities for the next two years, our own organisations, areas in which we could help each other and the purpose of TCFA.

It was wonderful to meet each other, to put faces to the voices that we've been talking to at our bi-monthly telephone conferences. We also met the staff at TCFV. Many issues of concern were discussed during the two days and the sharing of ideas was helpful to all.

This was achieved because of the funding obtained by John Sedunary, CEO of TCFV. The funding covered the costs of travel so TCF Mandurah was refunded the cost of the return airfare. Our thanks go to TCFV for this.

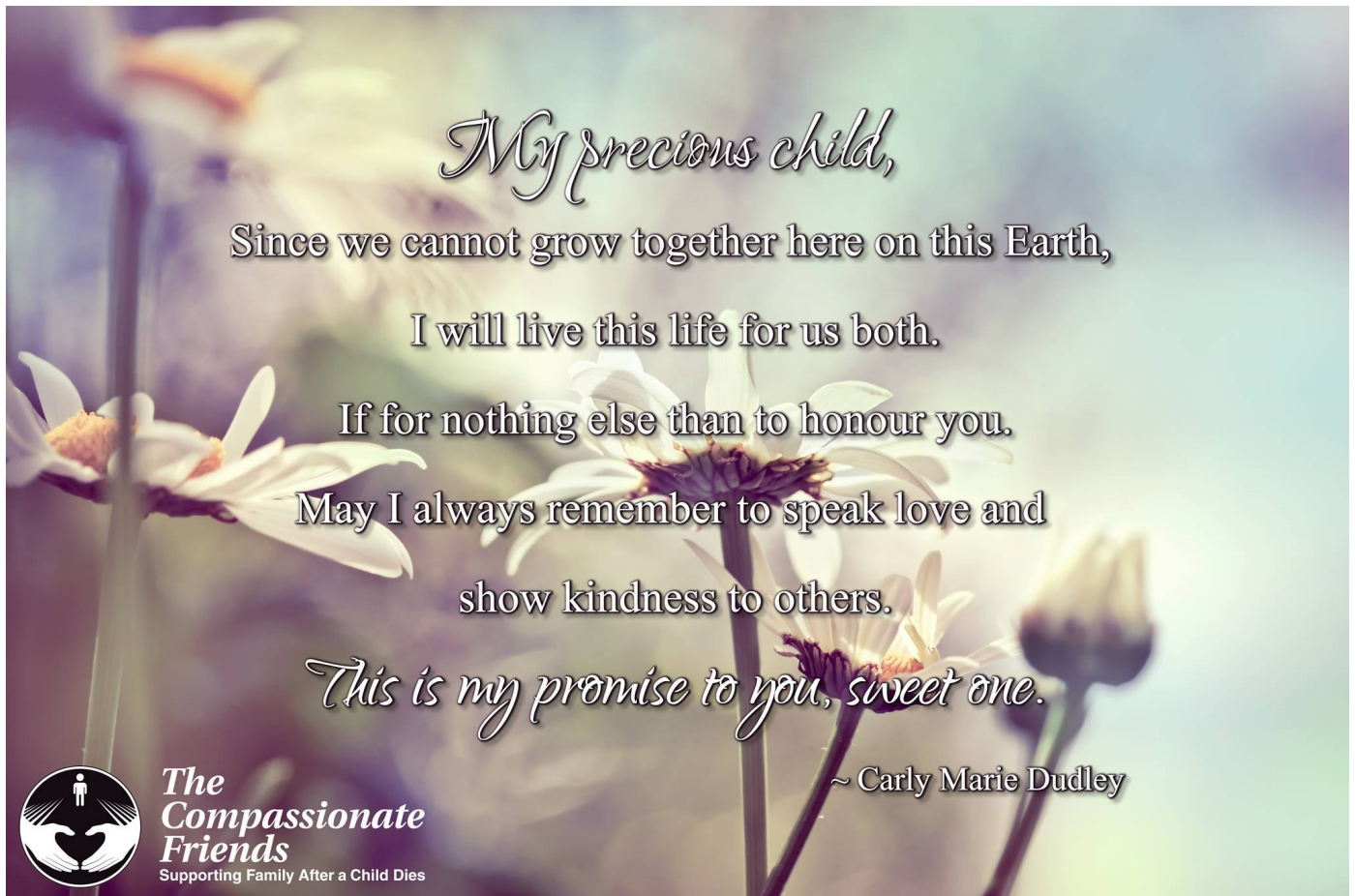
Margot McAllister  
TCFA board member,  
National Newsletter editor



Why not join us as a friend on Facebook?

If you have something special you would like to share, please email to the office and we will post on the main page with your first name only.

## Poems and articles



*My precious child,*

Since we cannot grow together here on this Earth,

I will live this life for us both.

If for nothing else than to honour you.

May I always remember to speak love and  
show kindness to others.

*This is my promise to you, sweet one.*

~ Carly Marie Dudley



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

### Diary Note:

#### Walk to Remember

on Sunday 10 March 2019

9.30 for 10a.m. start

at Dalrymple Park, Mandurah



Slow me down Lord,  
Ease the pounding of my heart by the quietening of  
my mind.  
Steady my hurried pace at work and give me amid  
the confusion of my day,  
The calmness of the everlasting hills around us.  
Teach me the art of slowing down to look at a flower;  
To chat to a friend,  
To read a few lines from a good book,  
Or to pat a dog.  
Slow me down Lord, and inspire me as I focus for  
these few seconds  
On life's enduring values.

**Courtesy of Sylvia Watts**

**If you need help, we are here for you. TCF Mandurah has a range of grief support services and resources available for bereaved parents, grandparents and siblings. We offer understanding, friendship, compassion and hope.**

**There are no strangers at TCF meetings — only friends you have not yet met.**

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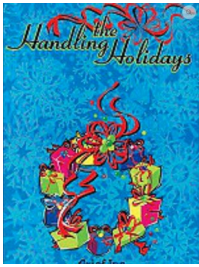


## **Book Review**

### **Handling the Holidays**

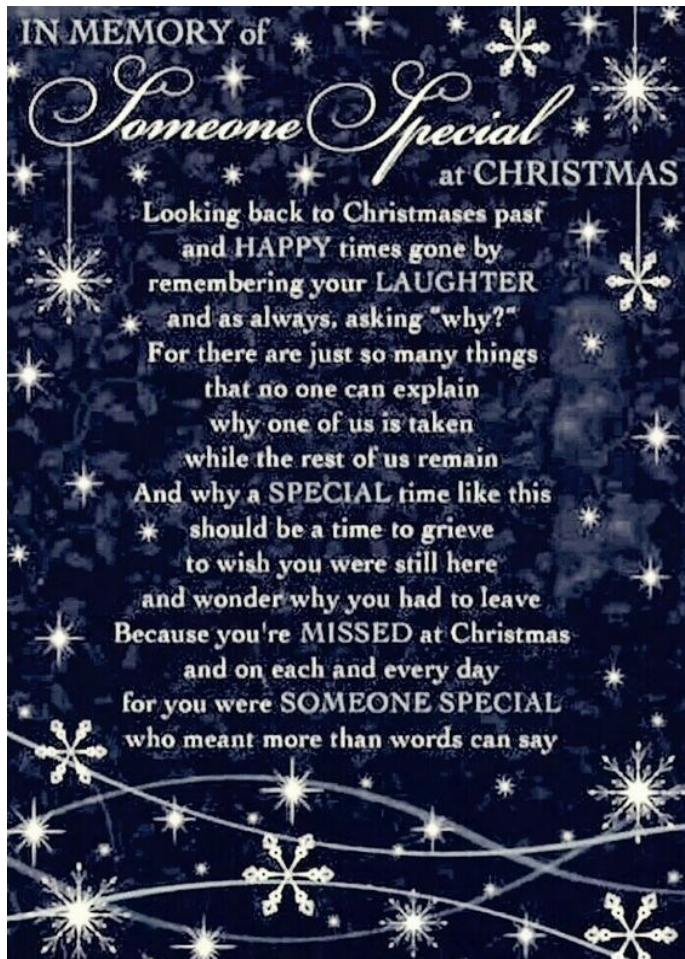
(Digital Version available through  
[www.thecompassionatefriends.org/shop](http://www.thecompassionatefriends.org/shop))

By Darcie Sims



When the family circle has been broken by death, the only things that sparkle this year may be the tears. If someone is missing in your family this holiday season and you aren't quite sure what to do with the empty

chair, this is for you. Handling the holidays is filled with warm emotion, clear concise information about grief, and coping tips to help you through the holidays. Darcie Sims will help you renew your spirit and honour your loved one. Her provocative style and wonderful sense of humour will take you from laughter to tears and back again.



The first candle represents our grief.  
The pain of losing you is intense.  
It reminds us of the depth of our love for you.

This second candle represents our courage.

To confront our sorrow,

To comfort each other,

To change our lives.

This third candle we light in your memory.

For the times we laughed,

The times we cried,

The times we were angry with each other,

The silly things you did,

The caring and joy you gave us.

This fourth candle we light for our love.

We light this candle that your light will always shine.

As we enter this holiday season and share this night of

remembrance

with our family and friends.

We cherish the special place in our hearts

that will always be reserved for you.

We thank you for the gift  
your living brought to each of us.

We love you.

We remember you.



## **TCF Membership Reminder**

Annual Membership Fee is now \$20 and is due on 1st July. This is only payable after the first year of bereavement.

This can be paid by cash, cheque, money order or directly into The Compassionate Friends Mandurah, Bendigo Bank BSB 633000 A/C # 157735895.

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## ***Remembered With Love***

### ***December 2018, January, February 2019***

**NOTE: TCF Mandurah has decided to adopt the policy, held by the USA and other countries, of omitting the full details of birth and death dates from our newsletter. This policy is required to help prevent the risk of "Identity Theft", which is becoming more common. We have a responsibility to avoid placing our members families at risk. Therefore the year/years will not be included.**

**Christopher Glen BRIGHT** 8th February to 20th March

You have taken a large part of our hearts. We will miss you always.

**Christopher BROWN** 12th February to 13th September

Happy Birthday beautiful boy. Forever young. Love Mum, Dad, Natasha & Tim.

**Robert John GALLAGHER** 2nd February to 27th November

Dearly loved son of Margaret and Ned, loved brother of Leesa. Death leaves a heartache no one can heal, love leaves a memory no one can steal. Forever in our hearts . Xxx

**Steven Wayne HEDLEY** 12th September to 19th December

Time passes, memories stay as near and dear as yesterday. Loved always, from Mum and Family.

**Leah Denise HEGARTY** 14th April to 13th December

Our dearly loved Leah is in our hearts forever. Love Mum, Dad, Brennen, Bryce, sisters Donna, Sharon and Janine. Aunty of Luke, Callum, Jett, Kirralea, Eleanor and Jaxon. Love and miss you everyday. xxx

**Ruben John HODDY** 9th June to 1st January

Forever in my heart my beautiful son. Always in our thoughts, Mum and brother Tama oxox

**Karen Louise HUTT** 28th October to 15th February

My beautiful daughter. I miss you every moment of everyday. You are in my heart, always and forever. Loved always from Mum and family. Xxxx

**William (Bill) Joseph HUTT** 12th March to 25th January

Dearly beloved son of Barbara and Bill (dec'd). Loved younger brother of Jayne, Tim, Sally, Jill and Terry (dec'd). "He's just a thought away".

**Christopher LEE** 10th February to 21st September

Son of Carolyn & Dave and brother of Jessica. Our special Supernova who burned brightly, but whose circle of life was too short. Xxx

**Daniel Stephen NANI** 4th December to 4th December

Daniel, forever our sleeping angel. Hugs Nanna and Nonno

**Amanda Suzanne NANI** 6th February to 10th May

Happy birthday Sweetheart. Always on our minds. Love Dad, Mum, Jason, Melinda, Craig, Stephen, Trent and Caitlin. xxxxx







## ***Remembered With Love***

### ***December 2018, January, February 2019***

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***Cameron Marc NICHOLLS***

19th March to 9th February

Our tears are easier, but our hearts still ache. We remember you in different ways and share a hole in our hearts That you once filled. I know you are still here and we will see you again. Love from Mum

***Daniel Silvio PENCO***

16th March to 29th February

Son of Danica. Always in our heart, never forgotten, love Mama & Tania

***Jackson PERRY-ELLIS***

20th January to 5th May

Our angel Jack, always remembered and always loved by his Mum Lorraine, sister Samara, brothers Lewis, Harry and Tommy, and Nanna Margot. xxxxxx

***Haydn John PINNELL***

22nd January to 23 February

Our love for you has no ending, for you are always in our hearts everyday and always will be.

***Brooke Lyn RICHARDSON***

6th March to 4th December

Miss you Brooke, You are my Sunshine—Love from your Mummum, Granddad and Western Australia. Family.

***Fiona SADLER***

17th June to 15th January

Remembering you is easy, missing you is hard. We hope you have found your peace. Lots of love Mum, Dad and Jemma.

***Nathan (Nat) STUBBERFIELD***

6th January to 21st March

My beautiful son. Gone so suddenly and far too young. My heart has been torn apart, but through the precious memories and the 4 bundles of joy you've left us, we will learn to smile more and cry less. Thank you for being my son. You are forever in my heart ~Mum

***Jodie Eileen WILLIAMSON***

To my Darling Jodie. Some people come into our lives and quickly go. Some move our souls to dance, make the sky more beautiful to gaze upon. They stay in our lives for a while, leave footprints on our hearts and we are never the same. You are in our hearts forever.

***Kris Ronald WITHERS***

22nd January to 21st August

Remembered Forever

***Gary David WITHERS***

21st January to 31st October

You touched us with your light, your infectious giggle, your cheeky smile. You made us whole. While we are here, you are here, in our minds, in our hearts, in our memories. We think of you long and often.

## Library

We have a substantial library of resources at our Mandurah Drop in Centre, offering excellent **books, magazines, tapes, cds, etc.** on grief issues associated with the death of a child/ren and siblings. All library resources are available for loan by our members. Access to the library is available by visiting the Drop in Centre. In return, we need our members to be vigilant and return these items back to the Drop in Centre so other TCF members are able to avail themselves of this useful service.



## Support Groups

### Bunbury Coffee Morning

**When:** Held as required  
**Contact:** Wendy Ph.: 9725 0153 or centre 9535 7761



### Evening Support Group

**When:** Thursday, December 6th, The Drop Inn, Hokin Street, Warnbro 6pm  
No meeting in January  
Thursday, February 7th  
**Time:** 7pm—9pm  
**Where:** Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah  
(Opposite Peel Health Campus)  
**Contact:** The centre on 95357761

### Metro Groups

**Contact:** TCF WA on 9486 8711 for details



### Rockingham Coffee Morning:

**When:** As required.



### Bereaved by Suicide Group

**Dates:** Friday, December 21 at Decadent Café, Barragup from 10 till noon.  
Friday, January 18th  
Friday, February 15th  
**Time:** 10 a.m.  
**Where:** Mandurah Lotteries House.  
**Contact:** The centre on 9535 7761

### Changed Your Contact Details

Please let us know if you have changed your telephone number or your address, or if you would like your newsletter e-mailed.

Please contact us on:-

info@compassionatefriendswa.org.au

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### Unsubscribe

If you no longer require the newsletter please e-mail or phone to cancel.



## **Telephone Friends - The Compassionate Friends**

**Please call a telephone friend whenever you need to talk "We need not walk alone"**

### **Siblings**

**BUNBURY** Russ 9797 0625  
**BUNBURY** Wendy 9725 0153  
**ROCKINGHAM** Carolyn 9527 5889

### **Grandparent Contact**

Lyn 9581 9957

### **Bereaved Fathers**

Gary 9593 2317  
 Peter

### **Suicide**

Margot (Centre) 9535 7761 (a/h) 9582 8113  
 Russ 9797 0625  
 Sylvia 0408035205

**DONNYBROOK** Sue 9764 1262  
**PINJARRA** Sheri 0457 747 772  
**KOJONUP** Roberta 9833 6232  
**MANDURAH** Drop-In 9535 7761  
**MANDURAH** After Hours 9582 8113  
**MANDURAH** Rosemary 9535 9054  
**MANDURAH** Judy 0456 852 233  
**WAROONA** John or Val 9739 1281  
**TCF WA** Drop-In 9486 8711

### **Miscarriage/Infant/Stillbirth**

Joanne 0403 336 392 or 9535 7092  
 (After 6pm & Weekends)

### **TCF Interstate and Overseas Contacts**

	<b><u>Telephone</u></b>	<b><u>Web Site</u></b>
<b>ACT/QUEANBEYAN</b>	(02) 6286 6134	www.thecompassionatefriends.org.au/ACT.htm
<b>NEW SOUTH WALES</b>	(02) 9290 2355	www.thecompassionatefriendsnsw.org.au
<b>NORTHERN TERRITORY</b>	(08) 8927 1320	
<b>QUEENSLAND</b>	(07) 3254 2657	www.compassionatefriendsqld.org.au/
<b>SOUTH AUSTRALIA</b>	(08) 8351 0344	www.compassionatefriendssa.org.au
<b>TASMANIA</b>	(03) 6261 4250	
<b>VICTORIA</b>	(03) 9888 4944	www.compassiontefriendsvictoria.org.au
<b>UNITED KINGDOM</b>	(08) 451 20 37 85	www.tcf.org.uk
<b>UNITED STATES OF AMERICA</b>		www.compassionatefriends.org
<b>SOUTH AFRICA</b>		www.compassionatefriends.org.za
<b>SWITZERLAND</b>		www.verin-regenbogen.ch
<b>CANADA</b>		www.tcfcanada.net/

### **Some Internet Resources**

**www.dougy.org** National centre for grieving children & families; a non-profit resource  
**www.grieflossrecovery.com** Poems, articles, memoirs, memorials, links - professional site  
**www.silentgrief.com** For those who have suffered a miscarriage and later child loss  
**www.bereavement-poems-articles.com**  
**www.menslines.org.au** Phone: 1300 78 99 78  
**www.kidshelp.com.au** Web & email counselling  
**www.alivealone.org** For childless parents  
**www.beyondblue.org.au** National depression initiative  
**www.parentsofsuicide-aunz.com** Suicide grief support internet community  
**www.mesotheliomaweb.org** Resource information & support  
**www.gonetoosoon.org** A forum for questions, answers and support from others with similar loss.  
**www.recover-from-grief.com**  
**www.gratefulness.org/light-a-candle/** Light a virtual candle and/or leave a message.



## **Other Useful Contacts**

Alcohol & Drug Information Services	Free Call	1800 198 024
Allambee (Sexual Assault Counselling)		9535-8263
angelwasisterstracy@gmail.com	Gowns for born still babies	0438 901 791
ARAFMI (Mental Health Carers & Friends Association (WA) Inc.)		9535 5844
	Country Callers Free-Call	1800 811 747
Beyond Blue Depression Helpline	www.beyondblue.org.au	1300 224 636
Centre Care		9721 5177
Coroners Counselling Services		9321 2491
Crisis Care	Free Call	1800 199 008
Coronial Enquiries		9420-5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Lifeline		13 11 14
Mensline Australia; Professional & Online support for men.		1300 789 978
Mental Health Emergency Response Line	Peel Region	1800 676 822
Relationships Australia		9583 6090
Samaritans	Free Call	1800 198 313
Suicide Call-Back Services (SCDS) - Bereaved by Suicide National Free Counselling		1300 659 467
S.I.D.S & KIDS Western Australia	Free Call	1800 199 466
S.I.D.S & KIDS Mandurah	Helen	9535 3804
S.I.D.S & KIDS Bunbury	Narelle	0406 630 119
South Coast Women's Health Services – R'ham	www.schs.com.au	9550 0900
State Coroner		9425 2900
Peel Legal Services		9581 4511
Palmerston Counselling Services	Drug Related	9581 4010
Peel Youth Services / Family Support Officer	Tanya: 0459-020-179	9581 3365
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120
Youth health Services	Rockingham	9527 7464
Young Widow & Widowers Association	Ruth: 0407-983-093 or	9581 8443

If any TCF member has found an agency or counsellor, other than those listed, To be helpful, please advise us and we will consider their information for inclusion in future issues.

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