



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
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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

The Compassionate Friends Mandurah Chapter greatly appreciate the sponsorship of this quarterly newsletter by:



Some of the biggest and most effective International charities were started by just a few people. The St. Vincent de Paul Society, The Salvation Army and the Red Cross all began from the concern and efforts of a few.

The Compassionate Friends owes its existence also to a few and this year celebrates its 50th year. It was 1969 when a young Anglican Chaplain Reverend Simon Stephens, at Coventry & Warwickshire hospital in England introduced two sets of parents to each other & arranged a room for them to meet for shared support. Iris & Joe Lawley, Bill & Joan Henderson soon joined by Betty Rattigan all of whom had young sons die. Simon Had the humility to understand that he couldn't support them as they could each other and this was partly due to his understanding of grief. Simon had lost his parents & two siblings in a horror crash which left him the injured but sole survivor.

These few people did the hard yakka of fundraising, guest speaking, holding displays and of course reaching out to others and within a short time TCF was established. This now international organisation is still comprised of people like you & I who have walked in their shoes and now just try to pay back and help others along the way. The TCF Logo was drawn in 1975 by John Fisher whose daughter had died in a road accident and the Credo was written by another member who was also a bereaved father. Countess Mountbatten whose father and son were killed by an IRA bomb was the first patron of TCF.

TCF was introduced to the USA in 1978, to Australia in 1979 and to W.A. in 1983. Simon Stephens visited the TCF WA office in 1987 where some of us were able to meet him. The TCF Mandurah Chapter was officially launched in 2002. In 1994 the first International Gathering of TCF was held in the UK and the International Council was set up. The second International gathering was held in Philadelphia, USA in 1997.

I attended the third International Gathering held in Melbourne in 2002 and there I had the pleasure of meeting the Australian founders Margaret & Lindsay Harmer for the first time and Simon Stephens was a keynote speaker. The next International Gathering was in Vancouver, Canada in 2005 and there I met Iris & Joe Lawley. The TCF International Council was resurrected at that gathering. The fifth International gathering was held in 2012 in Costa Mesa, California and by then I was editing the National newsletter and had been appointed the TCFA international representative. The last gathering was held in Frankfurt, Germany and as I write this article preparations are almost complete for the 7th International Gathering which will be held at Milton Keynes in England in November.

The few people who started The Compassionate Friends would have no idea that we would this year be celebrating the 50th anniversary. Imagine the many thousands of families who have reached out to TCF for support in the past fifty years! We each owe so much to them and are so thankful for the gift of love given in memory of Kenneth Lawley, Billy Henderson and James Rattigan.

*Margot McAllister
Mother of Kevin, Nana of Jackson*



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Yesterday, Today & Tomorrow

Past Events

6th Australian Postvention Conference Report

Sylvia Watts and I were granted sponsorship places which enabled us to attend the conference free of charge. It was held from 13 to 15 June 2019 at the Masonic convention Centre in Sydney.

We flew to Sydney on Tuesday 11 July and on Wednesday we visited the TCF NSW office in York Street where we met with Jenni Wandl, TCF NSW President.

Thursday saw us up and at the conference venue early to register and attend pre-conference workshops. I chose to attend the workshops presented by Ken Norton, E.D. of NAMI, New Hampshire, USA. He spoke of the “Connect” program which is community based approach to Suicide prevention and postvention. Ken and wife Laurel are acquainted with Michael Whitman whose tapes & CD’s of memorial music are among the sale items and library of TCF Mandurah. The day started at 8.30a.m and ended with a Welcome Reception from 5.30 to 7p.m.

On **Friday** we were at the venue before 8a.m. to set up the TCFA display with items from TCFNSW and TCF Mandurah with a few TCFWA pamphlets. We were interrupted by Carol, conference photographer, who pulled us away to meet the Governor of NSW Margaret Beazley who officially opened the conference. We were honoured to be included in a group photo with her & some of the presenters.

Then it was a rush to complete the display, attend the official opening and the sessions of the day.

The workshops and seminars were varied and interesting and all well presented. Each session was preceded by a suicide bereaved person sharing their story.



Margot McAllister with Jenni Wandl, President
TCF NSW At the TCF Australia display.

CONT.

The conference dinner was held on Friday night and I was seated next to the SOSBSA president & treasurer. This “Survivors of Suicide” organisation is based in Queensland.

On **Saturday** the shared lived experience stories, plenary sessions and panel discussions culminated in a Healing and Remembrance Service which was beautifully conducted. We each tied a butterfly or a dove shape to a tree with our personal messages.

This was a marvellous opportunity for learning – particularly of the new agencies available to provide services, for networking – getting to know those involved and of course for them to find out what we do at TCF Mandurah. I’m so pleased to say that our services are definitely of the high standard needed and we have some advantages such as our easy accessibility, with our services being free of charge and available at all hours.

The latest research showed that 135 people are affected by each death by suicide and in 2018 there were just over 3000 such deaths in Australia. I purchased five books for our resource library, two of which are for children.



Sylvia Watts with Ken & Laurel Norton of the
USA “Connect” program.

Coming Events

Nanga Bush Camp Dwellingup

1st—3rd November

The 2019 weekend retreat will be held from Friday 1st to Sunday 3rd of November at Nanga Bush Camp in Dwellingup. The bush land setting amongst the tall gum trees is the perfect venue for our retreat.

Participants will arrive at the camp from 5pm to 8pm on Friday evening and leave on Sunday afternoon from 2pm. Full catering will be provided from Saturday breakfast through to Sunday lunch, you can choose to bring your own snack for Friday dinner or combine to have a shared meal. This is a Healing Retreat so a number of practitioners will be available on Saturday to provide a range of massage, Reiki and other therapies.

The Saturday programs will be available on Friday evening. Individuals can choose to participate in as much or as little as they like. If you are unable to attend the whole weekend, you can attend on Saturday only for a small cost of \$30 (catering provided).

The subsidized cost of the retreat to participants is \$100 for members (annual membership is \$20) and this amount will be required in order to secure a booking. The retreat is an opportunity to stop the world and look after yourself, something which many bereaved parents find is almost impossible to do.

If you would like to attend this year's retreat, please contact the drop in centre and further information will be sent to you.

Carolyn Lee Vice President.

RSVP 19th October 2019
Please call: 95357761

Visit to Parkland Villas

On 19 March 2019, 12 of our members visited Parkland Villas in Halls Head. This lovely village is owned by Lend Lease who run a "Community Connect" program.

Under this program we attended and met some of the residents, I gave a presentation about The Compassionate Friends and we then enjoyed a morning tea followed by a tour of several of the villas.

We received a donation of \$500 in the form of a Visa card.

SAVE THE DATE!!

Father's Day Lunch

Saturday September 7th
12pm

Hog's Breath
Mandurah
51 Pinjarra Rd

Please call the office
to let us know you
are coming.

Annual General Meeting

You are warmly invited to attend the above. We need you all to ensure we have a quorum. New members are also welcomed for their input and ideas and if you are two years on since your bereavement we are asking you to consider joining us on the Committee. We meet bi-monthly for a couple of hours. To have voting rights on the day you need to be a financial member for at least two weeks.

After the AGM we will provide a light lunch followed by a Committee Meeting in which we hope to welcome new members.

To continue, we need you!

The event will be taking place on:

24th September 2019 11 am @ the Lotteries House

For more details please call: 95357761 or
email tcfmandurah@bigpond.com



Some women say that there is no greater pain
than to bear a child.
I say there is no greater pain than to bury one.

Yesterday, Today & Tomorrow

Coming Events (cont.)

World Suicide Prevention Day

World Suicide Day falls on Tuesday the 10th of September. Recent figures have indicated that nearly 3000 Australians die of suicide each year, with it being the leading cause of death for both men and women between 15 and 24.

On that day TCF Mandurah will be participating in a suicide awareness and memorial event in Pinjarra and our volunteers in Waroona will man a display at Waroona Memorial Hall.

Candlelight Memorial Service

The annual Candlelight Memorial Service to honour the lives of our children, grandchildren, sisters and brothers who have died too soon will be held at the South Mandurah Uniting Church

2-4 Rees Place, Wannanup
Sunday 9th December 2019 @ 7pm

The service will be conducted by Rev. Andrew Morris.

This is a very special service that is conducted worldwide on Sunday the 8th December where candles are lit in sequence around the world. It is a moving service and all are welcome.

Please bring a plate of food for a shared supper afterwards and a small framed photo of your loved one/s.

Enquiries to 9535 7761 or email
tcfmandurah@bigpond.com



Yesterday, Today & Tomorrow

Rockingham Coffee Morning

Saturday 14th September 2019 10.00 am

12 Ninda Road, Shoalwater

Please bring a small plate to share

All are welcome!

RSVP via the office:

9535 7761



50th Anniversary Morning Tea

Our 50th anniversary morning tea is being held on Wednesday, the 20th of November at the St. Ives clubroom at 22 Carnegie Place, Greenfields.

The event will be taking place from 9am to 1pm. We hope to have our WA Patron, Graham Mabury there and will be inviting guests from the media and agencies which have supported TCF Mandurah during the past 17 + years.

7th INTERNATIONAL GATHERING

Preparations are well underway for the 7th International TCF Gathering, which is set to be held in Milton Keynes, England, in November.

Four members of TCF Mandurah will be attending as will approximately 16 others from other Australian chapters.

John Sedunary, CEO TCF Vic has been asked to present a seminar.

Photographs and a report will be included in the December newsletter

TCF Mandurah needs you!!

Are you at least two years into your grief journey?

Do you have one day a week that you could volunteer in our office? We would love to hear from you!

Please phone Margot on 9535 7761.

General Notices

Thank You!

The volunteers at the Mandurah performing Arts centre were successful in obtaining funds to provide a "Thank You Event" to volunteers from eight community organisations.

Approximately 200 volunteers were treated to a film followed by a barbeque lunch. This was a good example of groups working together and provided an excellent opportunity to network with volunteers from other agencies. David Templeman attended and gave a short speech of thanks to the valued volunteers of this region

A huge thank you goes to **Laura Grinbergs**. Laura is a talented illustrator and recently illustrated a lovely book for young children. The book is called "The Virtue Bears" and Laura donated 29 copies of this book to us to help raise funds. We have two displays booked at which we'll have the books for sale at \$10 each. Many thanks Laura for your generous support and thank you also to **Trish Besson** for telling Laura about the work we do.



Thank you to our crafty volunteers, **Susan, Elsma and Tina** who have been producing items for sale at our displays. They quietly continue to do this and their work is appreciated. Thanks also to all the volunteers who donate other items for our raffle baskets.

A recent appeal to the parishioners of "Our Lady's Assumption" church resulted in donations of several bags of wool, lace and ribbon which our volunteers can use to make Decorated coat hangers which sell very well at fundraising displays. This generosity is appreciated.

The **residents of Parkland Villas** occasionally give us a donation from their sausage sizzles and other events. Many thanks for thinking of us and our need

It's wonderful to receive the support from the sources noted above. This is how we're able to provide our grief support services for the families who need it so very much. Thank you all.



The volunteers at the Mandurah Performing Arts Centre

Volunteer Update

Welcome to Pat Connett who has come aboard in the position of treasurer.

Pat has been a member for a number of years and was our treasurer for a few years before leaving to take on fulltime work. Luckily for us she has now retired from working fulltime and we're happy to welcome her back.

Memorial Page

Have you looked at our website recently? On the site we have a beautiful memorial page. If you wish you can place a photograph of your child, grandchild or sibling with a small item similar to those listed.

Permission forms are available at the office so ring 9535 7761 to arrange.

National Awareness Week Display

On 14 June we held a display at the Mandurah forum Shopping centre. The aim of the display was to raise community awareness of our services and a number of people made enquiries on the day.

The volunteers who manned the display are to be congratulated for the information distributed and the funds raised by selling our TCF items. People were generous also with donations.

**Sometimes, you just have to bow your head, say a prayer and weather the storm.~
Mother Teresa**

Yesterday, Today & Tomorrow

Poems and articles

A Life Lost

Our Son isn't home, where could he be.
It's after midnight, and the doorbell rings.
Who could be calling, he has a key.
A man in uniform, we see him through the glass.
"Do you have a son named Philip?" he asks.

With those few words our lives forever change.
We will never be the family we were, ever again.
Almost eighteen, in the prime of his life.
A careless driver has ended what should have been,
a life full of promise, of hopes and of dreams.

Our lives must go on, what else can we do?
We know our faith in God will see us through.
He spoke to my heart, my soul and my mind.
"My precious child, He has been with me,
since the moment he died."
- Charles Vince

Jonathan's Krakatoa

I was a lonely island with rough seas all about,
No airstrip to let people in and no harbor from which
to get out. Storms pounded my shores and crops
failed on my land.

A broken boat with no oars, no escape could be
planned. Years pass like hours and hours pass like
seconds. No birds and no flowers; what is it that
beckons?

I rumble and shudder, then explode till it deafens.
Every part is thrust upwards 'til it reaches the heav-
ens. No more jagged rocks, no more frozen peaks.
No more icy streams, no more stagnant creeks.

The sea rushes in, and I'm washed from the maps.
I don't leave a trace, nor leave any tracks.
Now I am everywhere, wherever you look,
Like notes in a song and words in a book.

I am blown in the wind, and I sparkle in sunlight.
I drift on the sea, and I twinkle in moonlight.

I'm in every corner and on every shore.
I'm in time and space and right at your door.
I was a lonely island but not anymore.

- Paul J O'Brien

Leaving Tears

The mourning, misty oak leaves weep.
Warm dew drops falling from them sweep
Across cold stones in salty streams,
Spent tears for Steven's broken dreams.

Wolves howl under a death pale moon.
Dark sirens from the forest gloom.
Black winds carry the raven's cry.
Steve's severed spirit crossed the sky.

Strong oak forest groans and grieves
For red drops dripping on its leaves
From a son who lies beneath the sod
In peaceful rest from loving God.

The mourning oak tree sheds its tears,
For laughter it no longer hears.
Clear drops hang from limbs in sorrow,
And drowns all dreams of hope tomorrow.

Each night a father hangs his head
Against the dark; he cries eyes red
While Steven dreams in still-heart sleep.
The oaks, they haunt yet nightly weep.

- Lawrence J. Bach



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

Yesterday, Today & Tomorrow

**Maci's Place: The Loss of a Child
Through a Father's Eyes**
By Michael S. Miller

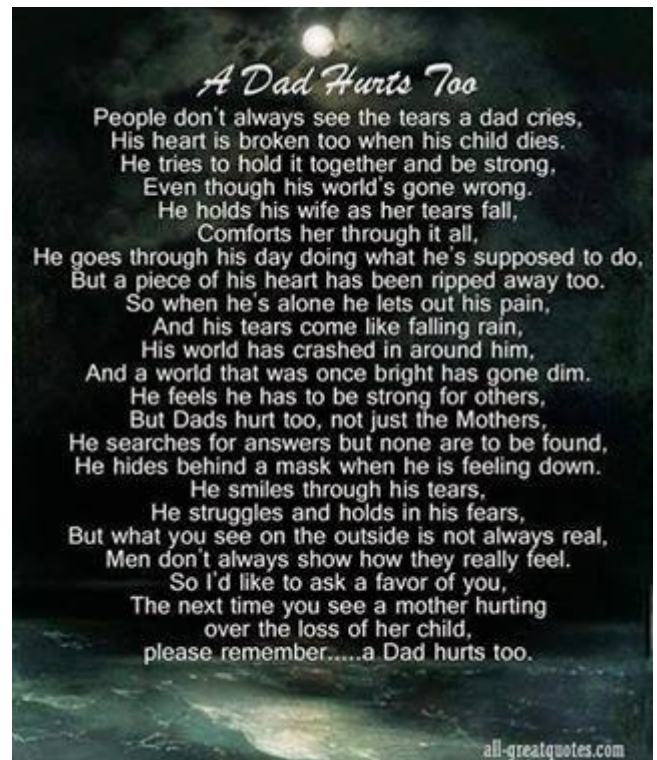
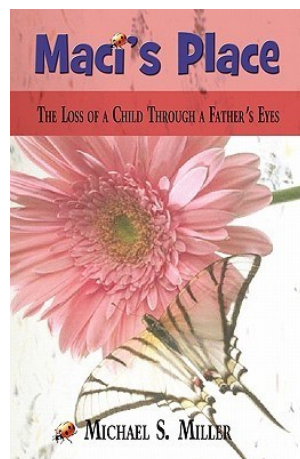
There are many unspoken rules regarding grief. Sometimes people wear black for days, months, or even years. Women weep, and men are expected to be stoic. But as society pushes forward, these gendered views on grief are beginning to shift.

Men are raised to grieve differently, with many minimizing their own pain to assist others, namely their wives, or other family members with processing their own grief. But this does not mean that men do not grieve, or that that grief is not comparable or not as intense.

Maci's Place: The Loss of a Child Through a Father's Eyes is a uniquely paternal take on the loss of a child. Based on Miller's own personal experience, this book confronts grief head on.

It does not hold back in explaining the differences in how men and women grieve, and it assists those who have not been given the proper opportunity to express their grief. This book could also be recommended to someone who has a grieving male in their life, such as a friend or partner.

Throughout the book, Miller reiterates that there is hope after great loss, and that different forms of grief are valid. It is a truly touching recollection on a man's own grief, and a guide for others who are experiencing the same trauma.



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.

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.

Remembered With Love

September, October and November 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. The year/years will not be included.

Christopher LEE

10th February to 21st September

Son of Carolyn and Dave, brother of Jessica.

Our special Supernova who burned brightly, but whose circle of life was too short. Xxx

McKenzie Jean McGUIGAN

18th November to 29th July

Daughter of Valerie. My darling girl, another agonizing year without you.

I miss you so much my Angel. Your infectious laughter no longer surrounds my home.

Love and hugs, Mum

Susan Linda PENCO

25th November to 31st March

Always in our hearts, never forgotten. Love Mama and Tania

Kevin John PERRY

18th November to 13th July

Son of Margot, brother of Lorraine and Uncle of Samara, Lewis, Harry & Tommy.

So many years and so many tears. Always remembered with so much love. Xxx

Troy Ashley PRIDDIS

25th October

Forever in my heart Darling Son – Troy xoxo

Love you to eternity, from Krystle (sister) xo

Unforgettable memories you leave behind to your big circle of friends.

Gary David WHITHERS

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.

Vincent Lee BLAGDEN

15th November to 15th November

Son of Mark and Anna, brother of Leigh and Dean.

Forever in our memory. With love always.

Christopher BROWN

12th February to 13th September

Not a day goes by that we don't think of you.

Your determination and spirit will live with us always. Love Mum, Dad, Natasha and Tim

Vivian CHANDLER

11th October to 14th June

You are always with us Viv, love from Mum and Dad,

Karen, Marlene and Adam, daughters Emily, Sophie and Olivia, nieces and nephew.

Scott Byron CLARKE

8th October to 17 September

Will always love you and miss you, and even though we can't see you anymore,

we will never forget your loving face or your smile.

You will always be the wind beneath our wings.

Lots of Love: Mum, Dad, Jason, Shane, Tristan, Brandan and James.

Andrew James DOY

1st March to 13th November

Son of Robert & Heather, brother of Jenny and Father of Caleb.

Always in our thoughts and prayers, forever in our hearts. We miss you so much.

Remembered With Love

September, October and November 2018

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Robert John GALLAGHER

2nd February to 27th November

Dearly loved son of Margaret & 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.

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

Ellie Lorraine HOPE

19th September to 19th September

Our beautiful daughter, you are always in our thoughts. You are very loved and missed. Love Mum, Dad, Bethany, Sophie and Rory xxx.

REMEMBERED
... WITH ...
Love

Remembered With Love Application

For inclusion in future newsletters for anniversaries, birthdays or special occasions as requested

Name:.....

Child's Full Name:.....

DOB: Day/Month.....

DOD: Day/Month.....

Message:

.....
.....
.....
.....
.....

Mail to TCF Mandurah, Lotteries House, 7 Anzac Pl, MANDURAH 6210

Yesterday, Today & Tomorrow

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



Rockingham Coffee Morning

When: September 14

Details: see page 4

Evening Support Group

When: Thursday, September 5th

Thursday, October 4th

Thursday, November 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 6107 6257 for details

Bereaved by Suicide Group

Dates: Friday, September 20th

Friday, October 18th

Friday, November 15th

Time: 9.30 to 12.30 p.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:-

tcfmandurah@bigpond.com

Yesterday, Today & Tomorrow

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"

BUNBURY	Russ	9797 0625	<u>Siblings</u>	
BUNBURY	Wendy	9725 0153	<u>Grandparent Contact</u>	
DONNYBROOK	Sue	9764 1262	Lyn	9581 9957
PINJARRA	Sheri	0457 747 772	<u>Bereaved Fathers</u>	
			Gary	0414 491 524
MANDURAH	Drop-In	9535 7761	Peter	0447 741 219
MANDURAH	Judy	0456852233	<u>Suicide</u>	
MANDURAH	After Hours	9582 8113	Margot (Centre)	9535 7761 (a/h) 9582 8113
TCF WA	Drop-In	6107 6257	Russ	9797 0625
WARNBRO	Barbara	0433 816 445		
WAROONA	John or Val	9739 1281	<u>Miscarriage/Infant/Stillbirth</u>	
			Joanne	0403 336 392 or 9535 7092

(After 6pm & Weekends)

TCF Interstate and Overseas Contacts

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

Some Internet Resources

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

Yesterday, Today & Tomorrow

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
OLA Grief Support for all bereaved	Brendan & Rosa	0487 588 880 0418 910 230
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
The Safe Woman Safe Family Murray Centre		9507 5834
S.I.D.S & KIDS Bunbury	Narelle	0406 630 119
Solace for Widows & Widowers		9474 3297
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
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120
Youth health Services	Rockingham	9527 7464

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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Yesterday, Today & Tomorrow