



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
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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

Welcome to this issue of the newsletter in which our main topic is the grief of Fathers. We all know that there are common differences in the way that woman and men grieve just as there are similarities. Although the mother and father are grieving for the same person, their individual relationship with that person differs just as it does with other family members. TCF offers a range of services so that grieving parents, grandparents and siblings can each choose which suits them best. Often both parents will attend a support group together and that is something we promote, however, it is often useful for each to also use the one to one or telephone service. This is because there can be issues that individuals would rather not discuss in front of their partner.

One of the other services we offer is the library which contains a variety of books on many different topics. Some of the books which we have on men's grief are written by bereaved fathers and of course other fathers can relate to the contents. This is particularly important for newly bereaved fathers so that they can see that their feelings are actually very natural and no they are not going crazy. Reading these books and listening to others at support groups helps to break the feeling of isolation. To know that others have had this experience also, have survived and grown is what helps most of all.

Remember, you don't have to be a super hero. Let your feelings show, especially to your partner. Show any surviving children that it's okay to express your emotions, it's okay to let the tears flow and it is not unmanly to hug each other. If you are trying to fill your days with activities then make some of these shared activities and above all else talk about the child who is no longer with you.

Our President Gary Withers will be hosting the lunch at Hogs Breath Café so we do hope that many bereaved fathers can attend.

Margot McAllister, Mother of Kevin, Nana of Jackson

Poem or song

We feel the hurt, we feel the pain, but from this loss what do we gain?

I can't tell you this, I just can't explain, but I know that things are never the same.

So let's sit for a while, let's remember and cry, but we must move on, we owe it to them to give it a try.

We have our good days, we have our bad, but be gentle with yourself because it's okay to be sad.

So if you're feeling a little down and blue, remember the good things that you used to do.

So come on all people let's get up and move on, but remember our loved ones by poem or song.

Derek Clitheroe, father of Jamie TCF Mandurah



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.

THANK YOU

To Storn Peterson for distributing our information pamphlets & DVD's to remote communities in Western Australia

Parkland Villas for their continued financial support, this is so much appreciated.

To Kerry O'Connor and Pathways Community Spiritual Church for their wonderful donation. We would like to wish Kerry all the best for the future.

A Mothers Thanks

For my eldest sons 2nd Angelversary, my sorrow and my heart was lightened by my friends Wendy and Chrissy remembering Troy's tragic day.

Wendy messaged me on 14th June and said "I've made you a lasagna and can we come over?".

Their lovely support made the day bearable. Knowing that they totally understood my grief and the craziness of trying to understand something that your head goes over 20 million times and still you get no answers.

The thoughtfulness and caring from one grieving mother to another united us and made me feel so cared for on this unbelievable day.

Thank you my friends, for the lasagna, the beautiful candle and the love.

Michelle Seeber

Mother of Troy Russell Seeber



R.U. OK DAY

On Sunday 26th July Chrissy Hancock held a morning tea to raise funds for the R.U.OK Foundation.

This was a great success with between 30-40 people attending and over \$1,000.00 raised.

Well done Chrissy and all your helpers



Yesterday, Today & Tomorrow

COMING EVENTS

Missing Persons Memorial Event

As a former "Zonta Woman of Achievement" I maintain contact with the Zonta Club of Peel and accepted an invitation to attend the 2020 memorial service for missing persons. This was held at the Mandurah memorial which was established several years ago. On a fine but cold day the speakers included the Mandurah Mayor Rhys Williams and Murray MLA Robyn Clarke. The event was attended by members of Purslowe Chippers who provided the gazebo and chairs, members of Zonta and the community David Templeman MLA Mandurah the Mandurah Police and some from the Missing Persons Unit in Perth. Following several speeches, Captain Erica Cossington of the Salvation Army said a prayer for those missing and their families. Flowers were then laid on the memorial wall which has Rosemary shrubs growing nearby. Piper Viv Riley played a beautiful tune at the start and end of the event.



Margot McAllister Mother of Kevin Nanna of Jackson

PAMPER DAY

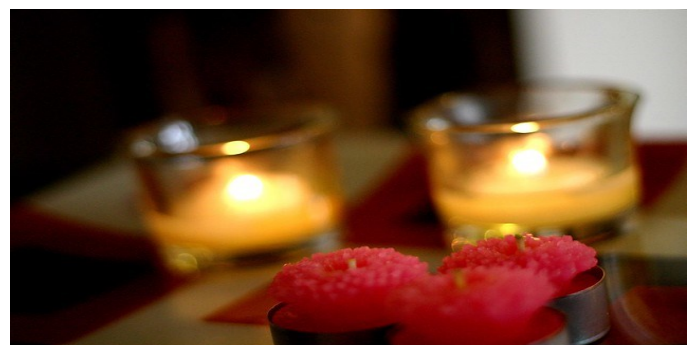
14th November

We have held an annual weekend healing retreat at Nanga Bush Camp, Dwellingup, for bereaved parents in November since 2006. Unfortunately, due mainly to the effects of COVID 19, we have had to cancel that event for this year.

In its place we're hoping to hold a "Pamper Day" at Mandurah Lotteries House, 7 Anzac Place, Mandurah on Saturday 14th November from 10am to 2.30pm.

We hope the program will include a variety of relaxation therapies, a meditation and a light lunch.

To host this event we need to know numbers in order to help us plan the day, so if interested please advise us if you would like to attend.



Father's Day Lunch

Saturday September 5th

12 pm

at

Hogs Breath

Mandurah

51 Pinjarra Road

Please call the office

To let us know you

Are coming

9535 7761



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:

21st September 2020

At 11am

@

Lotteries House

For more details please call: 9535 7761

Or

Email: tcfmandurah@bigpond.com

Minutes Secretary

We are looking for someone to fill the position of Minutes Secretary for all of our Committee Meetings.

You only have to be a financial member with a willingness to commit.

We hold our committee meetings every two months and have an AGM in September.

If you are interested please contact our office and leave your details.

Speak Their Name
A WORLD SUICIDE PREVENTION DAY EVENT
Thursday September 10th | 11:30 - 1:30pm
Pinjarra Town Square

JOIN US AT THE PINJARRA TOWN SQUARE.

PAINT A ROCK AND PLACE BY A PHOTOGRAPH OF A LOVED ONE WHO HAS DIED BY SUICIDE.

HAVE A SAUSAGE SIZZLE, LISTEN TO SOME MUSIC AND MEET AGENCIES WORKING TOWARDS REDUCING SUICIDE IN THE PEEL REGION.

FOR FURTHER DETAILS VISIT
[HTTPS://BIT.LY/3KRQPR8](https://bit.ly/3KRQPR8)



Speak their Name

Please contact me on 9582 8113 if you plan to attend our event.

Feel free to bring a framed photograph of the loved one lost to suicide.

There will also be music, rock painting, flowers and the Lions Club Sausage Sizzle.

Margo McAllister Mother of Kevin Nanna of Jackson

Help Needed

One of our members needs the services of a motor mechanic familiar with a 1961 EK Holden (Myrtle).

The car will be used to fundraise and to also promote suicide awareness .

Anyone willing to volunteer their time and knowledge would be greatly appreciated

Please contact the office with your details if interested and we will pass on your details to our member.

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COMING EVENTS

MEMBERSHIP - TCF MANDURAH

TCF Mandurah would like to take this opportunity to invite all of our Newsletter readers to become a financial member this year.

As you know we do not receive any form of Government funding to help with the continuation of our free services, we rely heavily on donations and grants from local sources.

As a registered charity we require financial members to stay in operation. We have kept the cost of membership at a low \$20 per annum and this helps us to cover our costs.

For those of you who continue to support us – thank you—it's greatly appreciated, so please help us to offer comfort to others who may need the compassion and support of our organization.

Membership forms are in this month's Newsletter with details on how to pay.

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 Church of the Way Steerforth Way Coodanup. Turn right from Pinjarra Road into Ranceby Avenue and the church is at the end of the street and will commence at 7.15pm on Sunday 13th December

Please feel free to bring a small framed photograph of your child and a plate for a shared supper afterwards. Candles will be provided. This lovely service brings a measure of comfort to help deal with the Christmas period.



Yesterday, Today & Tomorrow

Grandparents' Grief is Unique

My grief, unique to me, but oh how unfortunately common. I used to think about the legacy I was leaving my grandchildren when I died, what would they remember about me? I never thought I would have to remember them.

The hopelessness, the frustration, the rage I felt, that not one but two of my grandchildren had died before I got to know them and just as important, before they got to know me. How unfair of life to cause my beloved daughter and son-in-law so much hurt after the expectation of so much joy, terminating in heartbreak.

What could I do, what could I say, no words could heal the pain, but I needed to show somehow that I too grieved for and loved those my daughter and son-in-law had buried.

I have donated a plaque at our place of worship, I make an annual donation to the Treasured Babies' Program in the names of Jake and Jonathan, I have donated books in their names at my Bridge Club. Has this helped, no not really, but it's something.

Every year is another year I might get to see them again in a better place, this I have to believe.'

Written by Margaret, bereaved Nanna of Jake and Jonathan.

The death of a beloved grandchild is one of the hardest things a grandparent ever has to face. Your natural hopes and dreams for the future have been shattered and you have been faced with an almost unbearable tragedy. Grandparents expect that they will love and enjoy their grandchildren: the natural order is that they will die before their own children – and certainly before their grandchildren.

"When a baby or child dies it has an impact on the whole family. There is often a lot of attention on the grieving parents, who are the primary grievers and grandparents may find themselves forgotten at times."

"Not only could I not take away my daughter's pain at the death of her 2 year old daughter, but I was also devastated by my own grief at the loss of my precious granddaughter." Experiencing your own grief whilst simultaneously aiding your bereaved adult child characterises grandparents' grief. Living with your own feelings whilst having to witness the torment and intense sorrow your own son or daughter are enduring—can be overwhelming.

Lovingly borrowed from Reflections Newsletter

TOMORROW

Life is something we take for granted;
Something we assume.
But in truth it is fragile;
A brief moment in the space of eternity,
A flicker in the fire of infinity.

Death doesn't seem real;
It is something that happens when we're old.
But some aren't so lucky.
For some life is shattered,
Before it has truly begun.

Treasure each moment,
As though it's your last;
Cherish those you love,
Forgive those you don't;
And do things today,
Incase there's no tomorrow.

*This poem was written by Rebekah, our babysitter
in Nubeena, after the death of Nanette, Alannah
and Madeline.*



STRENGTH

Terry Jago

In the early days of my grief
A tear would well up in my eyes
A lump would form in my throat
But you would not know—I would hide it
For the strong don not cry and I am Strong

In the middle days of my grief
I would look ahead and see that wall
That I had attempted to go around
As an ever present reminder of a wall
Yet not scaled
Yet I did not attempt to go scale it
For the strong will survive and I am Strong

In the later days of my grief
I learned to climb over that wall step by step
Remembering, crying, grieving
And the tears flowed steadily
As I painstakingly went
The way was long but I did make it
For I am Strong

Near the resolution of my grief
A tear will well up in my eyes
A lump will form in my throat
But I will let that tear fall
And I will let you see it
Through it you will see that I still hurt
And I care for I am Strong



A Dad Hurts Too

People don't always see the tears a DAD cries,
His heart is broken too when his beloved child dies,
He tries to hold it together and tries to be strong,
Even though his whole world's gone wrong,
He holds on to her as her tears fall,
Comforts her throughout it all,
He goes through his day doing what he's suppose to do,
But a piece of his heart has been ripped away too,
So when he's alone he lets out his pain,
And his tears come down like pouring rain,
His world has crashed in all around him,
All that was bright has gone completely dim,
He searches for answers but none are to be found,
Who offers to help a DAD up when he's hit the ground,
He smiles through his fears,
Struggles trying to hold in his tears,
But what you see on the outside is not always real,
Men don't always show how they really feel,
He feels he has to be strong for the others,
But DADS hurt too, not just the mothers.

Author Unkown

Yesterday, Today & Tomorrow

FOCUS ON FAMILY RELATIONSHIPS

Gender differences and Grieving Patterns

HE-Big Picture
HE-Thinks
HE-Logical
HE-Copes Internally
HE-Sighs

SHE-Details
SHE-Feels
SHE-Intuitive
SHE-Copes Externally
SHE-Cries

POTENTIAL RELATIONSHIP PROBLEMS

SHE may need to talk about the event. She may go over it time and time again trying to gather every possible detail to explain how and why.

SHE may take comfort in her faith. God's will may be the only explanation that gives any meaning to the event.

SHE often may want to visit the grave.

SHE may withdraw, read books on grief, and write as a means of expressing her pain.

SHE may expect him to grieve and react the same as she does and may think he doesn't care.

SHE may seek support groups as an outlet for expression.

SHE may have no interest in sex and may resent his desire for it at this time.

SHE may feel that her and their life together is irrevocably changed and will never be the same again.

THEY may sometimes compete with each other to see who is grieving the hardest.

THEY may seek to numb their pain through alcohol, drugs, shopping, extramarital affairs or another child.

THEY may be angry with the doctor or other authority figures involved in the event and may have, more than once, discussed legal action.

THEY may both feel that the other person is, in some way, to blame for the event.

HE may feel uncomfortable dealing on such a feeling level and finds excuses to avoid such confrontations.

HE may be angry at God, feeling that the event invalidates his religion.

HE may feel an aversion to visiting the cemetery.

HE may throw himself into his work, hobby or other activity to avoid the pain.

HE may need space to grieve in his own way and may resent her for imposing her feelings on him.

HE may want to avoid showing his pain in front of other people, particularly strangers.

HE may want to make love for the comfort and reassurance that comes through intimacy.

HE may want her and their life back the way it was before the event.

THEY may seek to escape the event by taking a vacation, moving, changing jobs, etc.

THEY may feel betrayed by their family and friends through their perceived lack of understanding and caring.

THEY may be both so caught up in their own grief that they may not recognise or understand the grief experienced by their children or extended family members.

Adapted from an outline of a TLC Group's seminar on the gender differences and grieving patterns of bereaved parents. 1998

Office Use Only: Receipt No.....Date.....

Membership Application Form

Note: Members are required to be financial in order to vote at the AGM and to receive full services including the newsletter. Services are free during the first year of bereavement.

Full Membership - \$20.00

Available to bereaved parents, grandparents and siblings who reside in the area from Rockingham/Kwinana south to Augusta.

Associate Membership - \$20.00

Available to relatives, friends and professional agencies located in the above areas.

Membership Payable to: The Compassionate Friends Mandurah Inc. in person at Lotteries House, by mail, or on-line: Bendigo Bank – BSB 633-000 Acc No. 157735895. (Please state your surname)

[Please tick] Bereaved
Parent.....Grandparent.....Sibling.....Other/Agency.....

Name.....

Postal Address.....

Telephone [H].....[W].....[Mobile].....

E-mail.....

Child's Name.....

Age Birth Date..... Death Date.....

Cause of Death.....

Child's Name.....

Age Birth Date..... Death Date.....

Cause of Death.....

Sibling's Name Age.....

Sibling's Name..... Age.....

Remembered With Love Messages

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

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.

Yesterday, Today & Tomorrow

Remembered With Love

SEPTEMBER, OCTOBER and NOVEMBER 2020

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.

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

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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.

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

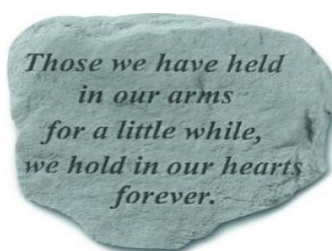
Time passes, memories stay as near and dear as yesterday. Loved always, from Mum and Family.

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



Note: if you wish to include your child, grandchild or sibling in the “Remembered With Love” pages, please complete the section in the membership form. These can be placed in the issues which coincide with the birthday and anniversary dates.

The website of The Compassionate Friends Mandurah has a “Memorial” page which contains photographs, some information and a short personal message. Have a look at the page and if you wish to have a section for your child please contact the office.



ALWAYS REMEMBERED WITH LOVE

Yesterday, Today & Tomorrow

Library

When Men Grieve “Why Men Grieve Differently and how you can help.”

Written by Elizabeth Levang PhD, this book contains personal stories from several grieving men. They explore different situations and aspects of grief. One of the issues discussed is anger and Robert W. Ross says “I feel it is all right to handle my grief by being angry, as long as I take it out in a way that is not harmful to anyone”. This book is available to borrow from the library.



Support Groups

Rockingham Coffee Morning

When: As required
Contact The centre 95357761

Evening Support Group

When: 3rd September
1st October
5th November

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: 18th September
16th October
20th November
Time: 9.30am to 12.30pm
Where: Mandurah Lotteries House.
Contact: he centre on 9535 7761



One to One sessions

Our “Quiet” room is ideal for a private one to one session. If you wish to book a session please contact Margot on 9582 8113 or leave a message at the centre. Sometimes it can help to have a personal time to talk between group meetings. This is ideal for those who don’t feel comfortable in sharing groups and for couples who need that extra privacy.

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.

Pease 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>	
			<u>Grandparent Contact</u>	
MANDURAH	Drop-In	9535 7761	Lyn	9581 9957
MANDURAH	Judy	0456 852 233	<u>Bereaved Fathers</u>	
MANDURAH	After Hours	9582 8113	Gary	9593 2317
TCF WA	Drop-In	6107 6257	Peter	0447741219
WARNBRO	Barbara	0433 816 445	<u>Suicide</u>	
WAROONA	John or Val	9739 1281	Margot (Centre)	9535 7761 (a/h)
			Russ	9797 0625

Miscarriage/Infant/Stillbirth

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.

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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
Peel Grief Support	Rose	0418 910 230
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
The Safe Woman Safe Family Murray Centre	Tanya	9507 5834
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 and alcohol Related	9581 4010
Peel Youth Services		9581 3365
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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