



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



Once again, we are approaching Christmas, and this can be both a beautiful time and a very emotional one. For those who are experiencing their first Christmas without a beloved child or children, this will be very difficult. You are often surrounded by songs of joy and mention of happy family times. I recall wanting to cancel Christmas but how can we do that? It is for many a special religious time and a time of renewed hope. Some of us have surviving children who deserve to continue having our love and attention.

Our family customs won't be the same, so what do we do? We start new traditions. If we are invited to celebrations do we have to attend? No, we don't. If we choose to attend we can let people know in advance that we just might need to leave early. At this time it is very important to do what we need to do as individuals and families.

One thing I hope all TCF members bear in mind is that **"We are not alone"**. There are telephone friends who you can call and who will be happy to speak with you because they remember their own first Christmases without their child. Although our drop-in centre will be closed between Christmas and New Year, these telephone friends will still be available.

The lovely Candle-light Memorial Service will be held on the second Sunday in December and this is a special time when we get together with other parents, grandparents, siblings and friends to honour the children who are no longer with us. Come to that service, be with others like you and find healing and strength in the gathering.

If I could grant you one wish it would be for Peace-peace of mind and heart.

Margot McAllister-Mother of Kevin, Nana of Jackson

Annual Worldwide Candle lighting

Second Sunday in December

The Compassionate Friends Worldwide candle-lighting 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 7pm on Sunday 9th December, candles are lit and as candles are lit in the different time zones we create a virtual 24 hr wave of light around the world. Hundreds of candle-lighting events are held and many in homes as families gather in remembrance of children who died too soon, but are forever loved and remembered.



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.

PAST EVENTS

2020 AGM

TCF Mandurah Mandurah held it's AGM on Monday 21st September 2020. All positions were declared vacant Jackie Kernachan from Westaus Crisis Care was the returning officer. All nominations were accepted and voted in, the Committee is as follows.

President: G Withers

Vice President: C Lee

Treasurer: P Connatt

Secretary:

P.R. Manager: M McAllister

Committee Members:

S. Watts, E. Pinnell, T Pearce

We wish to send out a very big thank you to our retiring committee members for the past support it was greatly appreciated.

As you may have noticed, we have a positions vacant for committee members, if you wish to become a committee member please contact the office for more information.

BLUE TREE DAY EVENT'S

Our President Gary Withers and his wife Barb, have attended 3 Blue Tree Day event's over the past 2 month's to provide information to the general public about The Compassionate Friends.

The first event held at Baldivis, organised by the City of Rockingham, had about 200 attendees and Pamphlets were handed out, with some new contacts made.



Our display at Baldivis Blue Tree Day

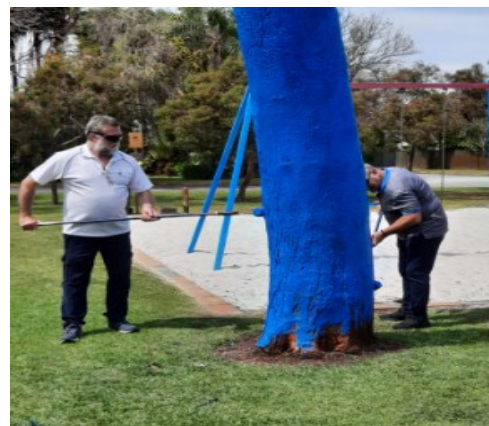
Yesterday, Today & Tomorrow

On the 3rd October, Gary and Barb took part in the Lions Club of Vasse and Vasse Community Blue Tree Project and Painting Day, and BBQ.

There were three guest speakers from Men's Walk Busselton, Shining Hope WA and Headspace Busselton, as well other counselling and support services.

A tree was removed from a local property and painted while lying down and will be erected near the by-pass as a constant reminder about rural mental health.

Gary and his wife also attended an event hosted by the Lions Club Canning City on the 10th October. While no other agencies attended, the day was very worthwhile.



Gary Withers at the Lions Club Canning City event.

World Suicide Prevention Day Event

Speak Their Name

This event was held at the new Pinjarra Town Square which is set out beautifully with green area, seating and shade. We took framed photographs of our loved ones who had died by suicide and set those up on a table. We enjoyed music, rock painting and a sausage sizzle cooked by the Lions Club. We displayed our services information as did the Pinjarra Anglican Church and the GP Down South Van.

As the names of our loved ones were read out by TCF Mandurah President Gary Withers, we placed our flowers and rocks beside the photographs. There were several children there who enjoyed painting some rocks and were happy to take them home.

Our thanks go to Trick Cole of Shire of Murray and Kayli Burgess-Jones for helping to organize this event.

Father's Day Lunch

This year's Father's Day Lunch was again Hosted by Gary Withers at Hogs Breath Café.

This annual event is a good way to give our Male members an opportunity to relax over a meal and talk to other's with a common connection, and was a lovely afternoon.

We will have to find another venue for this event next year as the Hogs Breath Café has closed.

PAST EVENTS

Volunteers Training Session

We were pleased to arrange through the Suicide Prevention coordinator for this region, a training session for volunteers who support families bereaved by suicide,

This took place at Lotteries House on Friday 2 November and we hosted volunteers from Peel Grief Support, Safe Woman Safe Family and W.A. Mums Cottage.

The session was presented by Tanya Ferguson of the Brain Ambulance.

This was one of those rare opportunities to help empower volunteers with the knowledge of how best to help those bereaved by suicide; to have input from our own experience; to promote the truths about suicide and dispel the myths.

One of the results of this day is that I've been invited to present a session to Safe Woman Safe Family on Monday 23 November.

Margot McAllister, P.R. Manager

Soroptimists International

On Saturday 7th November I attended the Soroptimists International Mandurah luncheon.

This was a fundraising event with guest speaker author Rachael Johns followed by lunch.

It was a good chance to catch up with members of this organization which supports our TCF work and show our support for them.

Margot McAllister, PR Manager

Pamper Day

On the 14th November we held a Pamper Day in lieu of our usual Nanga Bush Camp which as you know was cancelled.

We had five therapists and eight participants for the day and everyone commented on what a enjoyable day they had.

Thank you to the Therapists for volunteering their time, Bab Harris who lead us in group meditation and along with Rhonda Archer and Maggi Angeli also provided Reiki.

Rev Vicki Marriner did some readings with Amanda Smith and Johan Smit Sarvaga, who also provided Tarot readings and has sent us a Thank you e-mail.

Lunch was catered by the Seabreeze Deli and thank you to Tina for going to collect it.

Carolyn Lee-Vice President

Guest Speaking to ALCOA Personnel

It was a pleasure to accept an invitation to speak about grief to 28 ALCOA personnel on Friday 9 October.

This talk was part of a training course presented to people who had volunteered to be part of a peer support program. What a wonderful concept this is. Although other businesses have similar programs, they do not always include any form of "grief" training. I directed my talk at topics which were likely to be encountered and included a list of "what to say & what not to say". This was an opportunity to educate and further the use of words and actions that can help whilst helping stop the use of inappropriate terms which can harm the bereaved. The audience were extremely interested and asked a number of questions.

Following the talk, I had several people take the opportunity to speak one to one with me. They were generous with donations and I sold several TCF items.

Margot McAllister
PR Manager

Notices

Two Mothers

We say farewell to two lovely ladies who were members of TCF. Mary Ieraci and Vel Williams both left us this year and have joined their beloved sons Joseph and Stephen.

Rest in Peace dear friends. It was a pleasure to know you.

Margot McAllister



Holiday Office Closure

Our office will be closed from 18th December 2020 and re-opening 11th January 2021. If you need to speak to someone urgently please phone 9482 8113

Yesterday, Today & Tomorrow

Notices

Thank you

Thank you to the following for their donations.

- Parkland Villas continue to send a donation occasionally and we are so grateful for this.
- The Lions Club of Canning surprised us with a donation following their Blue Tree event which President Gary Withers attended. Thank you to Gary and the Lions Club.
- Ian and Linda Campbell of TCF NSW very generously donated a voucher for holiday accommodation at Margaret River. Due to the pandemic they had to cut short a WA holiday and forfeit their stay. This was purchased by Andrew Russell giving TCF Mandurah fundraising a boost. Our grateful thanks to Ian, Linda and Andrew.

CONTAINERS FOR CHANGE

Asking for your support.

TCF Mandurah has registered for the Containers for Change scheme.

When you or your friends have collected the appropriate containers and take them to your nearest collection point PLEASE ask for the change to go to TCF Mandurah, our code is **C10351091**



VOLUNTEER THANK YOU

Thank you to all who helped TCF Mandurah in any way during 2020.

We have had people volunteering their time to help with our groups, attending the office and travelling many kilometers to attend meetings and events held by other agencies.

This year has been stressful and at times frustrating for everyone, but we did manage to stay in contact with anyone who needed our help through the shutdowns.

Wonderful work everyone and we look forward to seeing you again in the New Year.

TCF Mandurah

Yesterday, Today & Tomorrow

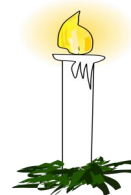
COMING EVENTS

Candlelight Memorial Service

The Annual Candlelight Memorial Service to honor the lives of our children, grandchildren, sisters and brothers who have died too soon will be held at The Church of the Way, Steerforth Drive, Coodanup. Turn right from Pinjarra Road into Ranceby Avenue and the church is at the end of the street and will commence at 7pm on Sunday 13th December.

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

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.



INTERNATIONAL CHILDREN'S MEMORIAL DAY

Sunday 31st January 8.30 am

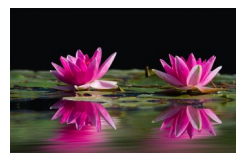
Rotary Park Palm Beach Rockingham

The Esplanade

Between Bell St and Vista Avenue

Car parking available at the park

Look for the signs



We warmly invite you and your families to our event which is held worldwide by every chapter of The Compassionate Friends over 24 hours to remember our beloved children, grandchildren and siblings.

Flowers and cards will be provided for you to write a message and place on the lake. It is abundant with bird life. If you would like to bring a poem or a special memory of your loved one please feel free to share. Morning tea is provided. We look forward to you seeing you there for a comforting time of caring and sharing and getting to know each other if we haven't met before. Please RSVP the office to assist with catering. All very welcome.

Walk to Remember

We are hoping to hold our Annual Walk to Remember in March 2021, as yet we don't have firm date and will let you know when it's being held.

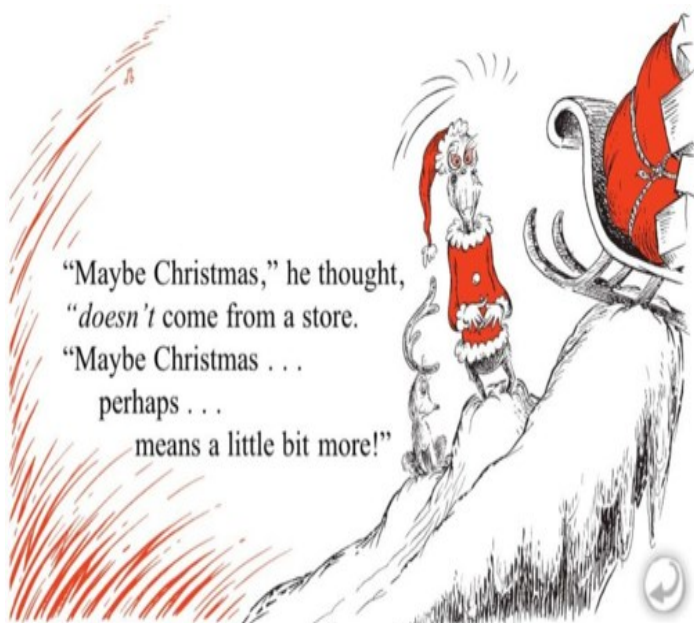
HOPE
By Lisa Heath

Hope...The moment I realized there was hope for me on this journey was the first time I laughed. A real, loud, belly hurt laugh. In that moment, I knew I might survive. I still was not sure exactly how, but I knew I might. I knew, I had a forever road of healing ahead of me. I knew, I had no other choice.

Hope has brought me many things along the way. On those dark days that I continue to have and, will for the remainder of my life, where the grief knocks me down to my knees as I hold my stomach crying out loud for Brian, and begging God for the pain in my heart to end, I know hope will be there to pick me back up.

Hope - showed me that I WILL laugh every day and that's okay.
Hope - showed me that I WILL cry every day and that's okay.
Hope - showed me that the love I have for Brian can be shared with others, even though I now lived with a completely broken heart.
Hope - showed me how to embrace the beauty and nature around me. To truly see it, enjoy it and take it all in.
Hope - showed me that I am still a mom.
Hope - showed me that life does not always turn out the way you plan it but, if you work really, really work hard you can find a way to live again, just differently.
Hope - showed me all the signs I needed to see from Brian that allowed me to know he is okay.
Hope - showed me that I could, through my own pain, help other mothers with their broken hearts.
Hope - showed me that I will never be the person I was when Brian was alive and that I am just going to have to be okay with that.
Hope - showed me that in order to survive I was going to have to find new purposes. I needed to figure out who I was in this life as a mom to a child gone.
Hope - showed me that only I define how I navigated through this world without my child. Some will not understand and that's okay. It is your journey, not theirs.
Hope - showed me how to be grateful for the 17 years I had with Brian which were wonderful.
Hope - showed me that a mother's bond to her child never dies even in death.
Hope - showed me that no matter what I do, no matter where I go, I always bring Brian with me.

Lovingly lifted from TCF Malta Newsletter



"Maybe Christmas," he thought,
"doesn't come from a store."
"Maybe Christmas . . .
perhaps . . .
means a little bit more!"



What will I do this *holiday* season?
Weep for you. *Miss you.*
Be *kind* to a stranger because of our love.
Invoke your *name* so others will honor you.
Stand in awe at the *beauty* of all you are.
Meditate on your life and death.
Carry you in my heart wherever I journey.
Show mercy to *children* and animals.
Ask for your *forgiveness*. And presence.
unFold your love into the world.
Remember. Your. Beauty.

Dr. Joanne Cacciatore

Yesterday, Today & Tomorrow

On particularly rough days
when I'm sure I can't possibly
endure, I like to remind myself
that my track record for getting
through bad days so far is 100%
and that's pretty good.
~Unknown

I have learned that some pain
Cannot be healed, but must be
endured. I believe that our Higher
Power will help us to endure and
find peace. I loved the boy with
the utmost love of which my soul is
capable and he was taken from me –
yet in the agony of my spirit in
surrendering such a treasure, I feel
a thousand- times richer than if I
had never possessed it.

William Wordsworth 1812

- OUR CREED -

We are the Parents with No Surviving Children
We are a group of the Compassionate Friends.
We are together because of the most
precious thing in our lives.
We stand alone, no one to call us mom & dad.
We support one another on a journey we
take through our grief.
People forget. We rarely hear their name.
Standing alone we hear the emptiness echo.
Who are we now? Are we still parents -
With no child (ren) to hold?
No matter what is said our love didn't die
It grows within our hearts.
We will try to be strong, to go on.
Not as before, our lives are very different now.
Our children may not be around
But they are never forgotten.
Our lives are empty. A never-ending ache.
We will go on with the love and support of
our family -
The Compassionate Friends.
Copyright Aileen Cross

To Our Special Angels

Happy New Year

In HEAVEN

Love You To The Moon

And Back Missing You

Today And Always



*Thinking
of you*

Although you and your loved one will be apart
May the spirit of Christmas comfort your heart
And may its message of peace be with you each day
To help and guide you
Along life's way

Extract from TCF N/L South Shore, Hingham

Somebody Misses You

Somebody misses your laughter,
Reassuring and kind and sincere,
The touch of your hand,
The sound of your voice,
The comfort of knowing you are near.

Somebody misses the magic,
Of the wonderful things that you do,
The secrets you hold,
The dreams you reveal,
The way you made wishes come true.

Somebody waits for tomorrow,
Another day closer to when,
The hoping is ended,
The wishing is over,
And somebody holds you again.

Written by Sue Hay and taken from "Words of Sorrow, Words of Love"

Goodnight, God Bless

Without your kind and gentle smile
And sweet familiar face
A treasured life is missing
And the world's a sadder place.

You lived your life so graciously
You always did your best
And now you're with the angels
And it's time for you to rest.

As peace surrounds you everywhere
In Heavenly skies above
Here on earth you're deeply missed
And thought about with love.

We see the stars at night time
Shining bright and clear
And as we say Goodnight, God Bless
We know that you will hear.

Speak Their Name

Someone I love has gone away
And life is not the same
The greatest gift that you can give
Is just to speak their name

I need to hear the stories
And the tales of days gone past
I need for you to understand
These memories must last

We cannot make more memories
Since they're no longer here
So when you speak of them to me
It's music to my ear

-kp © 2013

Out of the Ashes/FB



Because someone
we love is in
Heaven ♥
there is a little bit
of **Heaven** in our
homes at **Christmas**

all-greatquotes.com

Son ♥

Missing
you at
Christmas



You were an Angel sent from Heaven
a gift for us to borrow ..
To have, you brought so much joy
losing you, such sorrow.
There are treasures to behold
in every lovely memory ..
In remembering all the joy
that you'd bring so easily.
Now in the arms of Angels
who will always safely keep ..
The beloved Son we lost
who now, so softly sleeps.
all-greatquotes.com

Remembered With Love

DECEMBER, JANUARY AND FEBRUARY 2020-21

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

Roy James BEARD

16th December to 23rd September

I will always miss you and your cheeky attitude, you are reunited with your grandmother and I will always look for your shadow. Lots of love, Mum RIP



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 and 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

Jonathon HANCOCK

30th January to 15th January

Our darling boy, you are as loved today as you were every day of your life. We miss you with every breath we take, but we will make every step forward for you. Love always Mum, Dad and Chrissy

Ruben John HODDY

9th June to 1st January

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

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. Xxxx

Daniel Silvio PENCO

16th March to 29th February

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



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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 23rd February

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



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

.....

.....

.....

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.....

.....

Mail to TCF Mandurah, Lotteries House, 7 Anzac Place, MANDURAH 6210 or you can e-mail us at tcfmandurah@bigpond.com

ALWAYS REMEMBERED WITH LOVE

Library

To all our Members

We have a range of books in our Library to help you with your grieving, written by others who have also experienced this devastating loss if you would care to borrow one.

All you have to do is drop in to our office between 10am and 2pm on week days and we can let you in to browse and see if there is something for you.

To visit us please use the intercom system at the front door of Lotteries House, directions on how to use it are posted near the intercom.



Support Groups

Rockingham Coffee Morning

When: As required
Contact: The centre 95357761

Evening Support Group

When: 3rd December-Drop Inn, Warnbro
4th February
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 December—Chocolate Factory
15th January
19th February

Time: 9.30am to 12.30pm
Where: Mandurah Lotteries House.
Contact: The 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

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

Unsubscribe

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



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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>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) 9582 8113
			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.
<u>www.recover-from-grief.com</u>	

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
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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