



# 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)  
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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

Now and then I am asked why I volunteer as a Compassionate friend and like many others in this beautiful organization of ours in so many countries, my first response is that I do what I do to honour my child. I also give of my time because I've never forgotten what it was like in the early days following the death of my son Kevin. When a newly bereaved parent tells me that they cannot survive the pain that they feel I can feel their pain and understand what's happening to them. I can look them in the eyes and honestly and gently assure them that they can survive this but they don't have to do it alone. I and the other compassionate friends volunteers have survived and we can help the newly bereaved by walking alongside them.

I'll always remember the people, words and gestures and the warm hugs which were needed so much. Because of that I try to give back to TCF what TCF gave to me. To not feel so alone any more and to be able to talk to others who not only understand but truly accept you for who you are and where you are in your grief, these are the gifts that this organization gives. Most of all we give the gift of hope. There is nothing depressing about volunteering with TCF. It is such a positive experience, to see heartbroken people work with their grief in a healthy way, grow and regain hope and joy in their lives again. To play a small part in that huge journey is a wonderful privilege.

Most of our volunteers are bereaved parents, grandparents and siblings who are at least two years in their grief journey. We're grateful to also have some volunteers who are not bereaved parents but care about our work and offer their skills to help. Volunteers are involved in a wide variety of tasks needed to keep TCF going. At present we need people to come on the management committee. Our committee meets only once every two months with the first meeting being after the AGM which is on 20 September. Please consider nominating to be a committee member. There is no pay but we offer morning tea, good company, the opportunity to have a say in TCF Mandurah and so help bereaved families now and in the future. Nominations need to be in by 6 September and of course you need to be a financial member.

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



## HOPE

It is the gift of hope which reigns supreme in the attributes of The Compassionate Friends

Hope that all is not lost. Hope that life can still be worth living and meaningful,

Hope that the pain of loss will become less acute and above all else

The hope that we do not walk alone, that we are understood.

The gift of hope is the greatest gift that we can give to those who mourn

*Reverend Simon Stephens*

*Founding member of TCF*



## COMING EVENTS

### THANK YOU

We would like to say a big thank you to the Mandurah branch of Soroptimists International for the funding to hold our Annual Mothers' Day Lunch.

We all enjoyed the delicious food and the caring and sharing with each other.

Thank you also to Emily Pinnell and her group of friends who enjoy a sausage sizzle and continue to support TCF.

Friends of the Hospital (Peel) now wear our lovely butterfly badges on their uniforms and purchase regularly for new volunteers.

Linda Galvin, manager of Lotteries House where we are based, is often called upon when we run into computer problems. Thanks Linda for always helping out so readily.

### 2021 Annual General Meeting

**20 September**

**Meeting Room: Lotteries House**

**7 Anzac Place, Mandurah**

You are warmly invited to attend our **AGM** which will commence at 11am, 20th September 2021 and concludes with a light lunch. All positions will be declared vacant and a new committee will be voted in and will hold its first meeting at 1pm.

It is important to get our financial members to attend as we need the numbers to reach a quorum.

If you are interested in joining our committee it would be wonderful to see you there as we are always looking for new board members, and as we only hold bi-monthly meetings throughout the year the commitment time doesn't amount to too much.

Nomination forms are available from the office and if you are nominating please insure that you are a financial member and submit your nomination form at the office at least 2 weeks prior to the AGM.

**Hugs & Kisses  
Father's Day Gift**

*Yesterday, Today & Tomorrow*

### 2021 HEALING RETREAT

### Weekend Retreat

The Compassionate Friends Mandurah Inc. plans to hold a retreat for bereaved parents at Nanga Bush Camp, Dwellingup, on the weekend of 12th to 14th November 2021.

Participants can choose to attend for the whole weekend at a cost of \$100 for members or \$120 non-members or Saturday only for \$30.

The weekend charge covers accommodation, meals on Saturday & Sunday as well as activities and therapies.

The retreat is a rare opportunity to take time out to care for yourself in peaceful rural surroundings.

Please register your interest by contacting Carolyn Lee at the office on 9535 7761

or

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

Gary Withers, President, The Compassionate Friends Mandurah Inc.

### FATHERS' DAY LUNCH

12 noon Saturday 4th September

At

**MANDURAH STEAK HOUSE**

(formerly Hog's Breath)

51 Pinjarra Road

Mandurah

Hosted by Gary Withers President TCF Mandurah

RSVP by 1st September

To our office on 9535 7761

or

e-mail [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)



Visit us on  
**Facebook**

## **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 on the 12th December, 2021 at Mandurah Uniting Church, Pinjarra Road Mandurah. Please arrive at 6.30pm for a 7pm start.

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

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



## **PAST EVENTS**

### **RU OK DAY AFTERNOON TEA**

It was our pleasure to help Chrissy and Wendy Hancock host an afternoon tea event at Lotteries House on the 31st of August. This was to raise funds for the R.U.Ok Foundation and to raise awareness of the importance of good mental health in our community.

Gary Withers assisted Tim Hancock to set up the banners etc. Carolyn Lee and Margot McAllister helped with the set up of tables and food.

Some of the wonderful food was baked by Wendy who is a marvel in the kitchen. The afternoon was enjoyable and a success. Chrissy also raised funds by walking and publicity. TCF was a happy to help with some publicity and on the day.

Well done Chrissy! Your family must be proud of you and your efforts in memory of Jonathan, your precious brother.



## **Rotary Club of Mandurah Districts.**

It was a pleasure to respond to an invitation to speak to this club of people who do so much for our community.

They were very receptive to my talk about our activities and interested to take some of our literature including newsletters. I took a range of TCF sale items along and some were purchased which helps our fundraising efforts.

The club assisted TCF Mandurah several years ago with the printing of some pamphlets and we hope to have their support again with some publicity.



Deb Aitken President of Rotary Club Mandurah Districts with Margot McAllister

## **Friends of the Hospital**

On 10th May I was pleased to speak to the wonderful volunteers from Peel Health Campus. Over thirty attended and were very interested to hear about the work of The Compassionate Friends. Several took the opportunity to speak privately with me after my talk. It's always a good thing to inform a group like this who can then help increase community awareness of our services. Bereaved families they come into contact with will be able to find the support they need. The volunteers purchased our butterfly badges which their President gave permission to be worn on the lapels of their uniforms. How wonderful to know that our butterfly badges, our symbols of hope, are being worn by such caring people as they help others in the hospital. The photograph is of the President Denise Rouse, wearing a badge on her uniform and with a volunteer ready to take the trolley to patients in the wards.



*Yesterday, Today & Tomorrow*



### **Online Bereaved Sibling Chat Service**

18 years or over

<https://siblingsupport.tcfv.org.au>

[https://www.instagram.com/tcf\\_siblings](https://www.instagram.com/tcf_siblings)

Or for under 14 years

[alex@kidsafevic.com.au](mailto:alex@kidsafevic.com.au)

(this online support group is a collaboration between TCFV and Kidsafe)

For more information on support groups in general please visit:

<https://compassionatefriendsvictoria.org.au/need->

### **Containers for Change**

TCF Mandurah is 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**

As far as I can see, grief will never truly end. It may become softer over time, more gentle, and some days will feel sharp. But grief will last as long as love does— forever. It's simply the way the absence of your loved one manifests in your heart. A deep longing, accompanied by the deepest love. Some days, the heavy fog may return, and the next day, it may recede, once again. It's all an ebb and flow, a constant dance of sorrow and joy, pain and sweet love.

SCRIBBLES & CRUMBS

*Yesterday, Today & Tomorrow*



### **World Suicide Prevention Day Memorial Event**

Arrive at 10a.m. for a 10.30 a.m. start  
on Friday 10 September.

Meet at the Rotunda on the Mandurah Foreshore.  
Bring a photograph of your loved one lost to suicide.

These will be displayed with name cards.

There will be music, bottled water, Rosemary sprigs  
to place by the photos and readings

If you have a special poem or reading that you would  
like to present or have someone present for you,  
please bring it along.

This memorial event will honour our loved ones and  
raise awareness of the needs of those who  
mourn them.

Feel free to bring relatives and friends.



***"The weight of loss never goes away***

***We just learn how to carry it "***

### **A Very Private War**

Deep was his pain

It cut him to the core

I didn't know he was fighting

That strong internal war.

The battle in his mind

Was more than he could stand

He would not share his trouble

He was a very private man.

It wore him down

We could not see

Till he took the life

Of his own worst enemy

Kathi, poetry Board 2005

## He is Gone

You can shed tears that he is gone,  
or you can smile because he has lived.  
You can close your eyes and pray  
that he will come back,  
or you can open your eyes  
and see all that he has left.  
Your heart can be empty  
because you can't see him,  
or you can be full  
of the love that you shared.  
You can turn your back  
on tomorrow and live yesterday,  
or you can be happy for tomorrow  
because of yesterday.  
You can remember him  
and only that he is gone,  
or you can cherish his memory  
and let it live on.  
You can cry and close your mind,  
be empty and turn your back,  
or you can do what he would want :  
Smile, open your eyes, love and go on.

## Ask My Dad How He Is

My Dad, he tells a lot of lies, he never did before.  
But from now until he dies; he'll tell a whole lot more.

Ask my Dad how he is, and because he can't explain,  
He will tell a little lie, because he can't describe the pain.

Ask my Dad how he is, and he'll say "I'm alright".  
If that's the truth, then tell me; why does he cry each night?

Ask my Dad how he is, he seems to cope so well.  
He didn't have a choice you see, nor the strength to yell.

Ask my Dad how he is, "I'm fine, I'm well, I'm coping."  
For God's sake Dad, just tell the truth.  
Just say your heart is broken.

He'll love me all his life, I loved him all of mine.  
But if you ask him how he is, he'll lie and say he's fine.

I am here in Heaven. I cannot hug from here.  
If he lies to you, don't listen. Hug him and hold him near.

On the day we meet again, we'll smile and I'll be bold.  
I'll say "You're lucky to get in here, Dad, with all the lies you told!"



Credits: Author unknown, poem altered for "dad". Picture is the "New Dad" figurine by Willow Tree

## A Father Mourns Too

*I just watched another TV commercial for cologne, which is the first sign of the approach of Fathers' Day. Like other fathers, I know the gift I'd like to get this Fathers' Day, just as I know there is no way that will happen—my son's life, an opportunity not to hurt when I see boys who are his age, a chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called my own father the night before to wish him a happy Father's Day, and I will go to the cemetery to place flowers on my son's grave. I will stand alone and cry for a time and then return home to my wife and new infant son. This year we will have a greater measure of peace because of the birth of our son, but I shall always have a hole in my soul, a longing that I know I will have until I die.*

*Like many bereaved fathers, I have felt misunderstood about how a father should mourn and for how long. I do not understand how a society can have such a belief in the strength of maternal love and do such a good job ignoring the intensity of paternal love. From the people whose only question at my son's memorial service was how was my wife dealing with this tragedy, to the longtime friend who didn't understand my choking up after watching a Hallmark commercial, it seems that many around us have difficulty understanding a father's grief.*

*So, support and love is needed and needed badly. Of course, we have Compassionate Friends, but something more personal and closer to home is needed. I hope that bereaved fathers will not be forgotten on Fathers' Day. It is often said that we don't often talk of our emotional needs and are reluctant to show our pain, but we too need love when we hurt. Please remember us on Fathers' Day and remember that the cute little commercials that hurt mothers in May take their toll on fathers in September.*



### Fathers

I came across a young man ~ just sitting in the park....  
He seemed to be so lost inside ~ his spirit seemed so dark.  
I felt such sorrow in his eyes and thought as I drew near ~  
that maybe he had something that he wanted me to hear.

I sat beside him on the bench and slowly took my time....  
I waited for the moment that I thought was 'his' and 'mine' ~  
And then I gently said "hello" ~ he managed a slight smile....  
I felt that he would start to talk so...I sat with him awhile.

I asked him how his day was; and I hoped that all was well ~  
Then I noticed in his tired eyes..small tears began to swell.

"Thank you for your greeting, but my thoughts are lost somehow;  
I lost my infant child last night and I can't cope right now.  
I feel I need to hide this pain; and try to stay so strong.  
A husband needs to be the one to help when things go wrong."

My heart just broke to watch him try so hard to understand;  
Just how he could be weak in grief and still remain a 'man'.  
I knew right then that God had planned for me to see him there ~  
I, too, had lost a baby ~ and I was meant to share.

I told him how my wife had grieved so freely and so strong....  
But, I felt that I couldn't cry; and weakness would be wrong.  
Young man, I said ~ with silent pain ~ I lost a child once, too;  
And I can reassure you that there's something you MUST do.

A father needs to grieve his child just as the mother can...  
The 'grief' is no less powerful ... because you are the man.  
Take all the time you need to use ~ and grieve just as you need ~  
Your heart is so as broken and emotions must be free'd.

His took a slight glance upward; then he reached out for my hand ~  
He needed someone that day who could really understand.  
I'm proud that God had used me ~ and it helped me just the same...  
No loss is without sorrow.... but, the love is worth the pain.

Diane Ranker Riesen

### Strength ©

*I was thinking about the meaning of 'strength' and wrote the following.*

I remember in those early weeks and months, people would look at me and say "Serena you are so strong" which I hated. To me it implied that all they could see was a shell of me which was a mess of shock and disbelief, they couldn't see inside to me completely broken hearted and know that every cell in my body was aching to get to Rory, that every truck I didn't drive into the path of on the highway was a miracle.

The intense fear I felt of what was to become of me; where was my boy who couldn't stand to be without me for five minutes...all of that was all-consuming. Strength to me meant that I had to 'overcome' which I didn't want to do. I just hated the thought of "being strong"- people would stop taking care of me if they thought I was strong enough to take care of Rob and the kids and me on my own.

As time goes on, I have a different perspective on what being 'strong' means. I believe that during those times that we *allow* ourselves to be consumed by the intense pain that is grief-that we go with it, rather than trying to fight it; *that* is strength.

When we allow others to help, to sit and *be* with us and offer some sort of support-even though we know they have no understanding of the pain we are in-that is strength.

When someone comes to us with what seems like a stupid petty problem, but they feel their world is falling apart, and we choose to show compassion and try to help them anyway, that is strength.

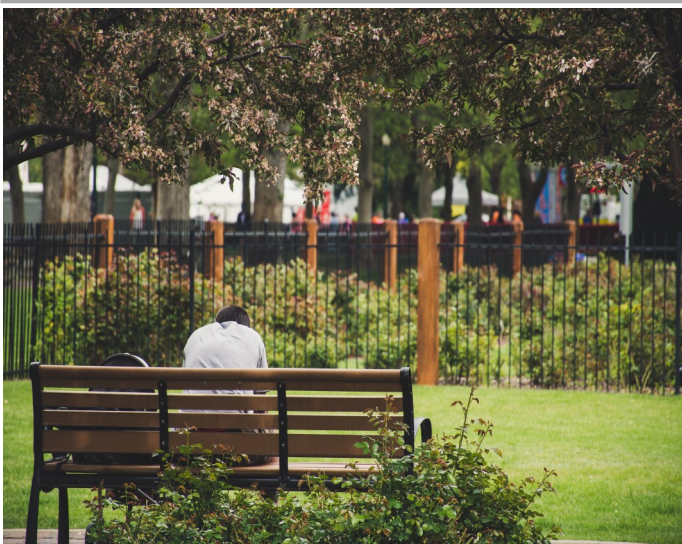
Pointing your face toward the sun while your heart is in the gutter-that takes strength.

Sometimes what we have been brought up to think of as weakness-in that lies great strength.

I have become very skilled at showing the sort of strength that society accepts as 'being strong' - stiff upper lip and all that. But it is when my mask comes OFF and I let it stay off for a while, even though the person under the mask is vulnerable and frightened....that's when in my heart I know I am strong.

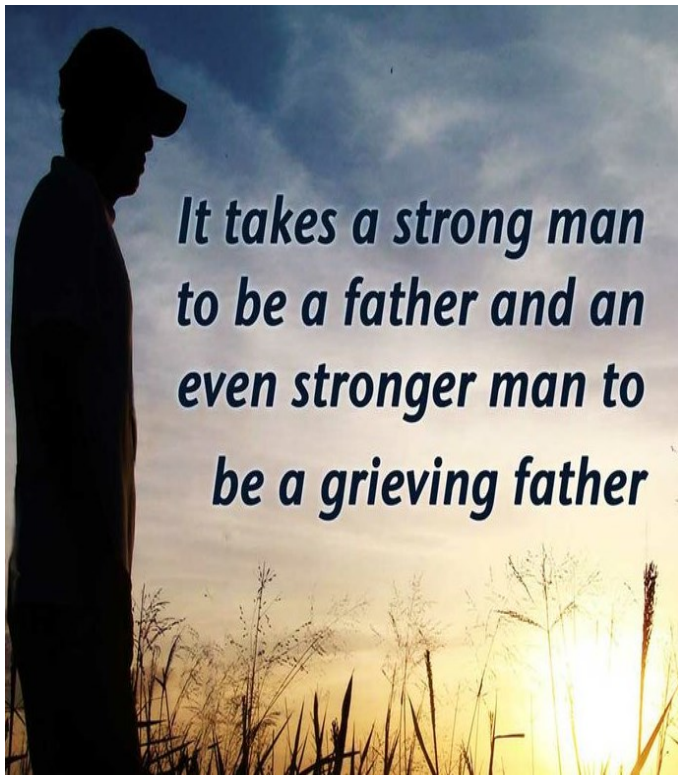
Hugs from Serena Nathan

*My youngest son Rory, died in September 2004 when, aged three he drowned in our pool.*

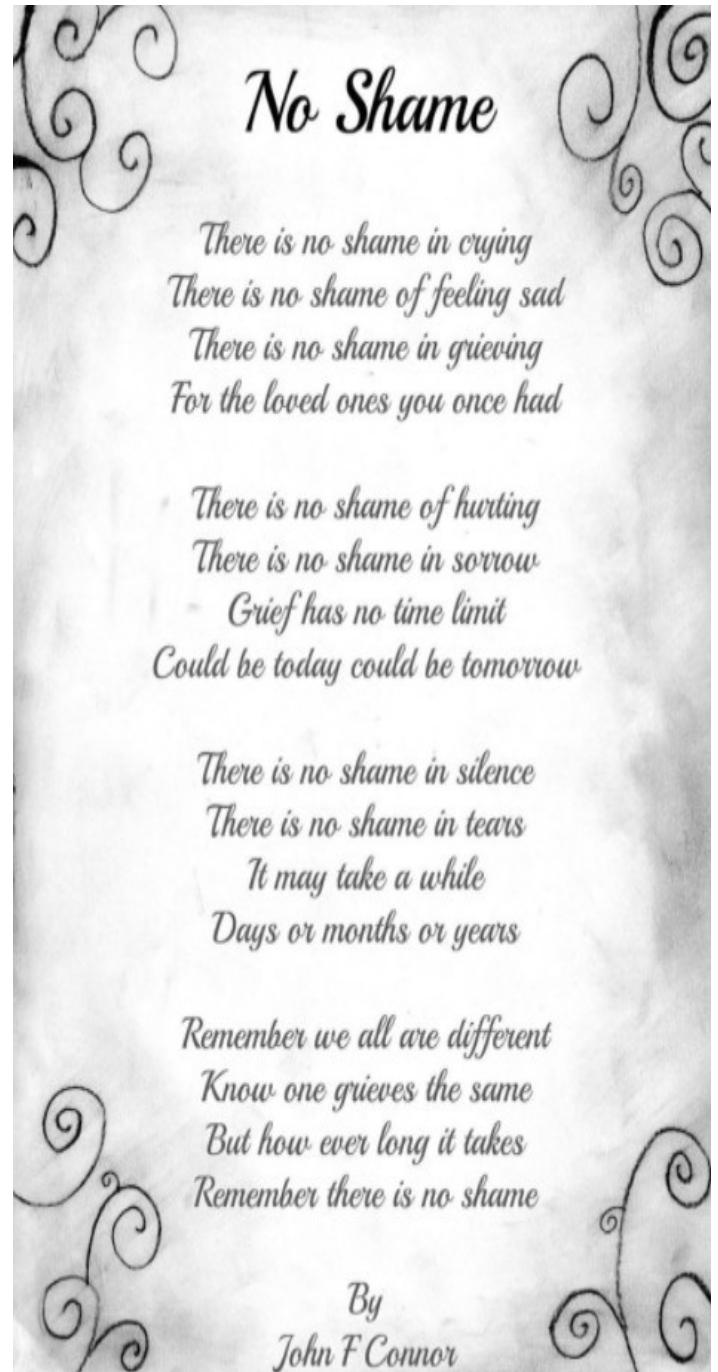
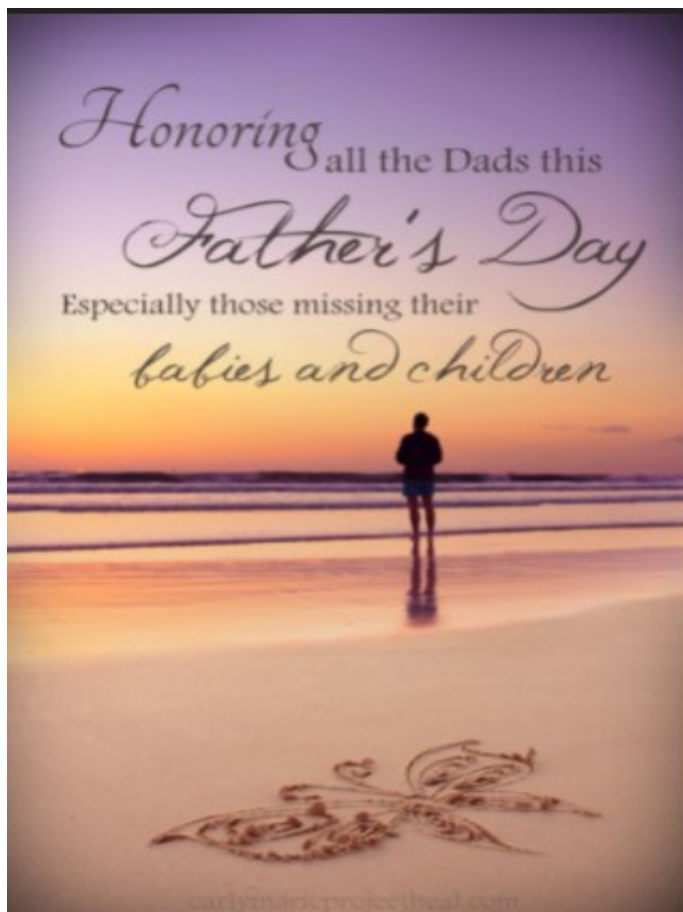


*Yesterday, Today & Tomorrow*





Lehigh Valley Chapter of Compassionate Friends



Poem sourced from Microsoft Bing



### **TCF MEMBERSHIP REMINDER**

Annual Membership Fee is now \$20 and was 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

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## Remembered With Love

### September, October and November 2021

**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 com-

**Christopher LEE**

**10<sup>th</sup> February to 21<sup>st</sup> 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**

**18<sup>th</sup> November to 29<sup>th</sup> 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**

**25<sup>th</sup> November to 31<sup>st</sup> March**

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

**Kevin John PERRY**

**18<sup>th</sup> November to 13<sup>th</sup> 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**

**25<sup>th</sup> 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**

**21<sup>st</sup> January to 31<sup>st</sup> 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**

**15<sup>th</sup> November to 15<sup>th</sup> November**

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

Forever in our memory. With love always.



**Christopher BROWN**

**12<sup>th</sup> February to 13<sup>th</sup> 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**

**11<sup>th</sup> October to 14<sup>th</sup> 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**

**8<sup>th</sup> 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**

**19<sup>th</sup> September to 19<sup>th</sup> 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

## September, October and November 2021

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**Andrew James DOY**

**1<sup>st</sup> March to 13<sup>th</sup> 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**

**2<sup>nd</sup> February to 27<sup>th</sup> 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

**Karen Louise HUTT**

**28<sup>th</sup> October to 15<sup>th</sup> 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

**Roy James BEARD**

**16<sup>th</sup> December to 23<sup>rd</sup> 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



### REMEMBERED WITH LOVE APPLICATION

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

**Family Name:**.....

**Child's Full Name:**.....

**D.O.B. Day/Month:**.....

**D.O.D. Day/Month:**.....

**Message**

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

**Mail to TCF Mandurah, Lotteries house, 7 Anzac Place, MANDURAH 6210 OR you can e-mail us at [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)**

### Online Bereaved Sibling Chat Service

This service is for all siblings above the age of 18 years Australia-wide, it provides an alternative to bereaved siblings who prefer to engage online rather than through traditional phone and face to face support. To learn more, please go online to:

<https://siblingsupport.tcfv.org.au>

Instagram

[https://www.instagram.com/tcf\\_siblings](https://www.instagram.com/tcf_siblings)

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## 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

### **Rockingham Coffee Morning**

**When:**

**Contact** The centre 95357761

### **Evening Support Group**

**When:** **2nd September 2021**

**7th October 2021**

**4th November 2021**

**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:** **17th September 2021**

**15th October 2021**

**19th November 2021**

**Time:** 9.30 to 12.30 p.m.

**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 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.

Please contact us on:-

tcfmandurah@bigpond.com

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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"**

<b>BUNBURY</b>	Russ	9797 0625	<b><u>Grandparent Contact</u></b>	
<b>DONNYBROOK</b>	Sue	9764 1262	Lyn	9581 9957
<b>PINJARRA</b>	Sheri	0457 747 772	<b><u>Bereaved Fathers</u></b>	
<b>KOJONUP</b>	Roberta	9833 6232	Gary	9593 2317
<b>MANDURAH</b>	Drop-In	9535 7761	Peter	0447741219
<b>MANDURAH</b>	Judy	0456852233	<b><u>Suicide</u></b>	
<b>MANDURAH</b>	After Hours	9582 8113	Margot (Centre)	9535 7761 (a/h) 9582 8113
<b>TCF WA</b>	Drop-In	6107 6257	Russ	9797 0625
<b>WARNBRO</b>	Barbara	0433 816 445		
<b>WAROONA</b>	John or Val	9739 1281	<b><u>Miscarriage/Infant/Stillbirth</u></b>	
			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	<a href="http://www.thecompassionatefriends.org.au/ACT.htm">www.thecompassionatefriends.org.au/ACT.htm</a>
<b>NEW SOUTH WALES</b>	(02) 9290 2355	<a href="http://www.thecompassionatefriendsnsw.org.au">www.thecompassionatefriendsnsw.org.au</a>
<b>NORTHERN TERRITORY</b>	(08) 8927 1320	
<b>QUEENSLAND</b>	(07) 3254 2657	<a href="http://www.compassionatefriendsqld.org.au/">www.compassionatefriendsqld.org.au/</a>
<b>SOUTH AUSTRALIA</b>	(08) 8351 0344	<a href="http://www.compassionatefriendssa.org.au">www.compassionatefriendssa.org.au</a>
<b>TASMANIA</b>	(03) 6261 4250	
<b>VICTORIA</b>	(03) 9888 4944	<a href="http://www.compassionatefriendsvictoria.org.au">www.compassionatefriendsvictoria.org.au</a>
<b>UNITED KINGDOM</b>	(08) 451 20 37 85	<a href="http://www.tcf.org.uk">www.tcf.org.uk</a>
<b>UNITED STATES OF AMERICA</b>		<a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a>
<b>SOUTH AFRICA</b>		<a href="http://www.compassionatefriends.org.za">www.compassionatefriends.org.za</a>
<b>SWITZERLAND</b>		<a href="http://www.verin-regenbogen.ch">www.verin-regenbogen.ch</a>
<b>CANADA</b>		<a href="http://www.tcfcanada.net/">www.tcfcanada.net/</a>

### **Some Internet Resources**

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

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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
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
Peel Grief Support	Rosa	0418 010 230
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	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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