

# Yesterday, Today & Tomorrow



The Compassionate Friends Mandurah Chapter  
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Mandurah 6210

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Volume 19 Issue 2, June 2022

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

A warm welcome to all who are reading this newsletter and to those who are reading it for the first time I say "we are so very sorry for what has happened but we are glad that you have found TCF". We *can* help because we *do* understand. We will support, respect and walk along with you. We will not charge, advise or judge you. We offer a range of services so that you can choose what suits you because we are all different. Many bereaved parents will be forever grateful to TCF and I for one will never forget the support and understanding I received from TCF WA following the death of my son. It is really sad that the chapter has had to close but compassionate friends will continue. As Lillian says below, the services are still available. We have now merged and welcome all former TCFWA members. As you read this newsletter you'll see that there are a couple of events coming up. The Fathers Day lunch when bereaved fathers and grandfathers are invited to gather at the Steak House in Mandurah for a meal and a chat. Why not make it a day out and catch the train down? In December we're holding the weekend retreat and we can take approximately 20 people. This is a beautiful opportunity to say "stop the world and let me off" for a couple of days in the peaceful surroundings of the Nanga Bush Camp at Dwellingup. It's so important for us to care for ourselves and this is one way to do so. In December there will be two Candlelight Ceremonies, one at St Georges Cathedral in Perth and one at Christs Church Anglican Church Mandurah. You will be very welcome to attend either.

Margot McAllister *Mother of Kevin and Nana of Jackson*



Hello, I am the former President of The Compassionate Friends of W.A., Perth Branch and have been asked to write a few words for our previous members.

As you know, we were deeply saddened when we were forced to close our Branch recently after many years of offering support to bereaved parents and their families. However, I am both happy and relieved that the Mandurah Branch has taken over and know that you will be supported by a very dedicated and compassionate team!

I am also pleased that our monthly Support Group Meetings will continue at Ardross and Heathridge with Margaret and myself facilitating. So you will still be able to meet other parents who understand how we feel and support each other as near as possible to where you live.

Thank you to all the lovely friends I have met along the way.

Kind regards, Lillian Green *Mother of Michael*

**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.**

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## **PAST EVENTS**

### **2022 Walk to Remember**

Once again our annual Walk to Remember was successful and achieved several things for TCF and our members. We were blessed with a warm sunny day and the presence of our Mandurah MLA David Templeman who started the walk and walked with us. David's son Jack who is starting his own media business came with us and took lots of photos. Our talented piper Viv Riley again played for us as we walked along the Mandurah foreshore to the Mandurah Performing Arts Centre. We had a few moments of rest there, which allowed for photo opportunities and for the piper to draw breathe before we walked back to our starting point of Dalrymple Park. The volunteers of the Lions Club of Mandurah had a sausage sizzle ready for us to enjoy while we socialised. We carried the hearts on the walk and planted them on our return. Name ribbons were pinned on our shirts and we each walked with precious thoughts of our loved ones. The TCF volunteers worked as the great team they are and all went well. Our raffle was won by a passer-by who had stopped to see what was going on. Hopefully that winner will spread the word about TCF now. The walk was a financial success with over \$7000 raised; we had good publicity to increase community awareness of our services with items on Radio Curtin and Wave plus an article in the Mandurah Mail newspaper. Most importantly the walk provided a meaningful memorial event for us. A huge thank you goes to all those I've mentioned and to the following walk sponsors.

***City of Mandurah   Halo Team   Lions Club of Mandurah   Mayday Op Shops  
Our Lady's Assumption Church   Purslowe & Chipper  
Soroptimist Int. Mandurah***



Our heart with loved ones names, some of our Members after the walk for a catch up and the Lions Club cooking up a very welcome sausage sizzle



### **Display at RSL Markets**

On Saturday 9th April a display was held at the RSL markets in Rouse Road, Mandurah. Elsma & Margot had lots of enquiries so were able to distribute TCF information to help increase community awareness of our services. An Easter basket filled with all kinds of Easter items including chocolate and chocolate eggs, a fluffy bunny and two sets of bunny ears, was raffled and we raised just over \$200. The Easter bunny visited and gave Elsma a cuddle and easter egg as shown on the photograph. This market is held on the second Saturday of each month and is well worth a visit to see the many stalls of lovely hand made goods.



*Yesterday, Today & Tomorrow*



## PAST EVENTS

### Mother's Day Lunch 2022

We welcomed 30 ladies to our annual Mother's Day lunch. It was lovely to see new people coming for the first time and to meet up with many familiar faces. It was heartwarming to see so many bereaved women connecting with each other. A mouthwatering buffet was served and after the raffles were drawn everyone enjoyed delicious desserts.

Our lucky winner of the door prize which was a beautiful, boxed flower arrangement was Liz from Soroptimists International Mandurah who generously donated funds to make this lunch possible to which we are extremely grateful.

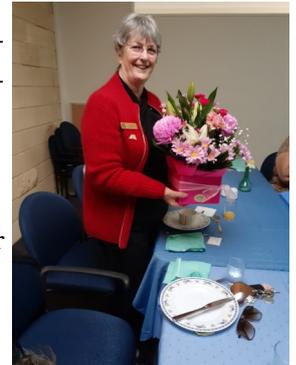
Our sincere thanks go to the volunteers who did an amazing job. We hope our support lunch helped everyone to know they are not alone on one of the toughest days of the year.



L- Tinas daughter Dawn and Grand-daughter Madeline set the tables beautifully for the lunch.

Grand-beautifully

R- Liz from Soroptimists Int. was a popular winner of the door prize.



### Devonshire Morning Tea

On Thursday 12 May a morning tea was held at Belswan Mandurah to increase awareness of our services and raise funds.



Our thanks go to **Bakers Delight Meadow Springs** for the donation of the scones.

Raffle prizes were donated by The **Lucky Charm News agency** Meadow Springs, **Moore Creative Hairdressing**, TCF Volunteers and friends.

Thanks also to Gary, Wendy, Sylvia and Gina from TCF and Ros, Toni, Rosemary and Pam from the village who all helped to make this successful..

The morning of fun, laughter and delicious scones with jam and cream was enjoyable and resulted in funds of \$760 raised. We'll be responding to requests to have this as an annual event.

**Thank you Belswan Residents.**

**Q. Why do we volunteer?**

**A. To honour our children**

**And support other bereaved parents**



### Volunteer news

We are pleased to welcome three new volunteers.

**Melanie** is working in the office on Thursdays and is looking forward to making monthly visits to the Waroona Resource Center as of June.

**Casey** is in training and will be helping out in the office as well.

**Judy** is also in training to work in the office and assist Di with the resource library.

Each of these volunteers bring their own skill sets which will greatly benefit TCF Mandurah.

Volunteer training will take place in June with date to be confirmed later. Margot and Tina will provide a one day training for TCF telephone contacts, group facilitation, home visits and office duties.

This will be followed at a later date with a one day training provided by a counsellor to supplement our TCF basic training.

Volunteers interested in participating are asked to give their names to the trainers ASAP.

Training is free and based on the accredited course provided by TCF Victoria.

## **FATHERS' DAY LUNCH**

Will be held on Saturday 3rd September, 2022

Commencing 12 noon at

### **MANDURAH STEAK HOUSE**

51 Pinjarra Road, Mandurah

Hosted by Gary Withers President TCF Mandurah

RSVP by 1st September, 2022

To our office on

9535 7761

Or

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

## **NOTICES**

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

TCF Victoria have received funding to extend their Bereaved Sibling Chat service to all siblings above 18 years and Australia-wide. This chat service provides an alternative to bereaved siblings who prefer to engage online rather than through traditional phone and face to face support.

To learn more about this service, please go online to:

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

An Instagram service has also been set up as well for more information please go to:

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

## **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**



*Yesterday, Today & Tomorrow*

## **Weekend Retreat**

We plan to hold a retreat for bereaved parents at the Nanga Bush Camp in Dwellingup on the weekend of 2nd to 4th December, 2022.

We are calling for expressions of interest in attending the event, which in previous years has been well received.

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

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

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

To register your interest ring 9535 7761 Or

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



## **Religion and TCF**

Bereaved parents have a wide variety of attitudes toward religion.

In addition to those who are members of one of the world's eastern or western institutional churches, there are humanists, agnostics and atheists.

All need the help that TCF can give.

Some will credit a major share of their recovery to a deep personal faith, but others have temporarily or permanently rejected the theological views they held before the death of their children.

Faced with this diversity of opinion and belief, sometimes even between husband and wife, and frequently accompanied by intense emotions, TCF has chosen to 'espouse no specific religious or philosophical Ideology' as an organization.

Instead it encourages its members to speak freely and openly about what helped or hindered them in coping with grief but to do so "with respect and consideration for those who may disagree with them".

*Linda Horn*

*TCF USA*

### *My Child Did Exist*

*I've lost a child, I hear myself say,  
And the person I'm talking to just turns away.  
Now why did I tell them, I don't understand.  
It wasn't for sympathy or to get a helping hand.  
I just want them to know I've lost something dear.  
I want them to know that my child was here.*

*My child left something behind which no one can see.  
My child made just one person into a family.  
So, if I've upset you, I'm sorry as can be.  
You'll have to forgive me, I could not resist.  
I just want you to know that my child did exist.*

"GRIEVING MOTHER"

The day my child died  
I became somebody new  
A totally different person  
Someone I never knew

I am not who I used to be  
I am definitely not the same  
The only thing that hasn't changed  
Is the spelling of my name

I cry more than I ever did  
I break down quite a lot  
My heart hurts everyday  
The pain will never stop

A mother gives her child life  
And a love unlike no other  
When that is taken all away  
She then becomes a grieving mother

Bearforanangel.com

### **abpv.app** *Never Say Goodbye*

*There can be no goodbyes for us  
It'd be too painful, dear  
Our connection still lives on  
Although you're far from here*

*I miss the times that we once had  
But one day, once again  
I'll hold you close and laugh with you  
I just wish I knew when*

*Each moment 'til that day arrives  
Until my time is through  
I'll miss you more than words can say  
And always think of you*

*I'll look for you among the stars,  
And each dawn's pastel sky,  
And whisper words of love to you  
But never say goodbye*

### **Strength Within**

**We are within hugs and embraces  
That always keeps us safe. Traces  
Of strength can be found within  
Your smiles and body. Your chin  
Has tilted up towards the sunshine  
Because even in your sturdy spine  
You feel the strength coming and  
Pouring in. It is in your steady hand.**

### **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*

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## POEMS AND ARTICLES

### *Fly Away Ryan, Come Back Soon!*

#### **CHALLENGE**

Well before sunrise one Mayday our dear Ryan flew away on his wonderful world tour. He had graduated from UWA, worked in IT, and saved carefully for this big trip. Over the next fifteen months Ryan telephoned us about his locations, activities, and new friends. In Spain he met Sara, a nice American girl, and so he amended his plans to stay a while in the States. Then Ryan travelled on through South America. In his last call to us in late July, he excitedly reported to my dear wife Glenda how he had purchased his airline tickets to return home for Christmas. In August in Peru, Ryan died.

Nowadays we live in shared disappointment, fond nostalgia, and hopeless yearning. We are so fortunate to still have each other, but how can we ever get used to all we have lost? We reminisce about Ryan. He was so intelligent and cheerful. He raised many intellectual challenges, creating questions for lively family debate. He brightened up our lives so much. A dozen years of physical separation later, you may ask, has it 'gotten better'? Have we 'moved on'? Have we 'achieved closure'? We mostly answer 'no' to those questions. It's true that the intense pain savaging our brains and bodies has dwindled, but the chronic ache of missing Ryan remains. Grief for an absent child never comes to completion.

#### **RESPONSE**

A decade after the death we two have made profound progress, but it is still a long road of grieving, healing, and learning. As to our 'grief recovery' over the past decade, what has 'worked well' for us? The comfort of the TCF Heathridge grief support group was a key strength. Whilst each grief is unique, members of grief groups can truly understand and empathise. We both enjoyed the professional support and personal challenge of our respective psychologists. Friends, and especially those similarly bereaved, have been a special and reliable resource over this decade. And the sheer passage of time has helped us to heal our wounded psyches and reconstruct revised identities.

Maintaining separate and shared hobbies is important in grief recovery. Glenda does jigsaw puzzles, learns languages, and loves her favourite programs and DVDs. I read books about grief, psychology, and sometimes politics. We share the daily activity of table tennis and enjoy weekly country drives. Furthermore, we affirm our differences in personal philosophies. Glenda has a spiritual belief, and entertains hope about survival beyond death. An agnostic myself, I emphasise human mortality. As a retired academic, I have a writing project. My forthcoming book reminisces about our dear departed boy, intending to help and succour other bereaved parents. I seek to honour the memory of Ryan Archer, so as to find deeper meaning and noble purpose in my precious remaining years. I send love and peace to you all!

*Dr David Wiles, step-dad of Ryan*

*There's no tragedy in Life like the death  
of a child. Things never get back to the  
way they were.*

*Dwight D. Eisenhower*

*quotefancy*

*From the outside looking in you can never  
understand and from the inside looking  
out you can never explain.*

**Anon**

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# ***Remembered With Love***

## ***June, July and August 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 common. We have a responsibility to avoid placing our members families at risk. The year/years will not be included.**

### ***Mitchell ALLOMES***

***born 10th August***

Even though our hearts are breaking, you left us with such beautiful memories. Your smile was the window to a most beautiful soul. Love forever, Mum, Dad Ryan & Jenna. xoxoxo

### ***Ryan ARCHER***

***27th May to 19th August***

Dux of Girrawheen SHS, honours graduate of UWA, learning about life and love and friendships, gainfully employed before enjoying his 'world trip', he died in a thermal pool in Peru, alone. Mourned and missed forever, Dave & Mummy xoxoxo

### ***Adam Francis BORG***

***12th June to 28th July***

Son of Connie and John, brother of Mario, Sav and Jason.

Our dear son, brother-in-law and uncle of 5.

If you knew how much we love and miss you, you would come back to us.

Love you more every day. Xxx

### ***Marcel CARACCILO***

***passed aged 39 years***

The kind and special you is not just a memory, but my inspiration that lives on as through life I go. You are my beautiful son and I love you so. Embraced in the light of God, always in my heart. Mum. xoxoxo

### ***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.



### ***Rene Robert COREMANS***

***passed in spirit aged 16<sup>1/2</sup>***

You are in our hearts always darling. We miss you and love you. Mum, David, Jess and Jasper. Dad, Michelle, Erkan, Senem, Beliz and Kerem. xoxoxo

### ***Lake Joshua EVANS***

***29<sup>TH</sup> March to 23<sup>rd</sup> July***

Dearly loved grandson of Rosemary. I never got to say goodbye, my brave grandson. You could not run and play like other boys, so run and play with the Angels and play your guitar in their band. Love always, Nanna xxxxx

### ***Roddy David FLANAGAN***

***born 3rd August***

Always in our hearts. Love you always, Mum, Julie, Iain, Kane and Louis. Xoxoxo

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***Josh HARPER***

***born 13th August***

Missing you Josh so very much. It has been 4 years on the 13th August that our world changed forever. Love always Mum xoxoxo

***Dale Aaron HILTON***

***born 3rd June***

So many long years since you left us. Missing your laughter and smiles. Life is not the same without you. Love Mum and brother Hayden. Xoxoxo

***Ruben John HODDY***

***9th June to 1st January***

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

***James John KLESSENS***

***17<sup>TH</sup> July to 19<sup>th</sup> August***

Grandson of Bill and brother of Jessica.

An exceptional, talented young man with a gentle, humorous nature. Departed too soon from us xxx.

***MATTHEWS Chris***

***born 8th June***

Miss you dearly every day. You will forever remain 26 in my mind. Your brothers Ian, Colin and Ashly miss their older brother yet we stay strong for each other. Love always, Mum Xoxoxo

***McKenzie Jean McGUIGAN***

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

My Darling girl. Another agonising year without you. I miss you so much my Angel. Your infectious laughter no longer surrounds my home. Love and hugs, Mum.

***Rory NATHAN***

***born 31st July***

Our little Rory lives on in our hearts, love Mummy, Daddy, Claudia, Monte and Julie. Xoxoxo

***Cameron Ian NICHOLSON***

***born 30th July***

My 'Lil Angel forever loved and missed. Missing the way you smile and see things though your baby eyes. Wish you were still here with me. Love Mummy Xoxoxo

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



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***Jamie PURSLOWE***

***10<sup>th</sup> August to 15<sup>th</sup> April***

Son of Craig. Our brave little man Jamie. The intensity of love for you never diminishes.

***Mark John RATCLIFFE***

***17<sup>th</sup> August to 8<sup>th</sup> July***

Remembered daily with so much love and pride. Sadly missed.

***Aaron REYNOLDS***

***1st August***

We cannot believe it has been nine years since we last saw you. Our beautiful Aaron who had such a beautiful soul. They say that time heals everything. Time has done nothing, we still miss you every day. Love Mum, Dad and Troy. Xoxoxo

***Sarah SOM DE CERFF***

***11<sup>th</sup> June to 19<sup>th</sup> June***

Our darling gorgeous daughter, partner, mummy and sister.

We love you forever and miss you every second. We will meet again in heaven, from Ryan and Emily, John, Amanda and Sue and Geoff.

***Geoffrey James STAFFORD***

***31<sup>st</sup> August to 5<sup>th</sup> May***

Dearly loved son Rosemary.

My little blue eyed blonde angel in heaven with Nana.

The years have rolled by, but I miss you each and every day.

Love Mum xxx

***Michel Jerry SWEITZER***

***born 30<sup>th</sup> June***

We still miss you every day. Love Mum and sister Monica. xoxoxo

***Susan Anne WALKER***

***21<sup>st</sup> June to 24<sup>th</sup> June***

Love you and remembered always.

***Kris Ronald WITHERS***

***22<sup>nd</sup> January to 21<sup>st</sup> August***

Remembered Forever



*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

### **Rockingham Coffee Morning**

**When:** 30th July  
**Contact** The centre 95357761

### **Evening Support Group Mandurah**

**When:** 2nd June  
7th July  
4th August  
**Time:** 7pm—9pm  
**Where:** Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah  
(Opposite Peel Health Campus)  
**Contact:** The centre on 95357761



### **Bereaved by Suicide Group Mandurah**

**Dates:** 17th June  
15th July  
19th August  
**Time:** 9.30 to 12.30 p.m.  
**Where:** Mandurah Lotteries House  
**Contact:** The centre on 9535 7761



### **Perth— Support Group Meetings**

**ARDROSS** Meets 3rd Thursday of the month at 7.30pm at 54 Simpson Street, Ardross  
Next door to St. Davids Church —Ring Margaret 0411 770 599

**HEATHRIDGE** 4th Thursday of each month at 7.30pm. No meeting in December.  
At: The Spiers Centre, cnr Albatross Court and Poseidon Road, Heathridge.  
Contact Lillian on 0417 907 711

## One to One sessions Mandurah

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	0417 945 568	<u>Siblings</u>	
<b>BUNBURY</b>	Sharon	0439 952 577	Ryan	0433 910 060
			<u>Grandparent Contact</u>	
<b>DONNYBROOK</b>	Sue	9764 1262	Lyn	9581 9957
<b>KOJONUP</b>	Roberta	9833 6232	<u>Bereaved Fathers</u>	
<b>MANDURAH</b>	Drop-In	9535 7761	Gary	9593 2317
<b>MANDURAH</b>	Judy	0456852233	Peter	0447741219
<b>MANDURAH</b>	After Hours	0427 777 810	<u>Suicide</u>	
<b>WAROONA</b>	John or Val	9739 1281	Margot (Centre)	9535 7761 (a/h)
			Russ	0417 945 568

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>
<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.compassiontefriendsvictoria.org.au">www.compassiontefriendsvictoria.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

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

*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
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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