

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

National Ph: 1300 064 068

E-mail:- tcfmandurah@bigpond.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

Welcome to all who are receiving this newsletter. Our hope is that you will find some comfort from the articles as well as information of our past and coming activities including the support groups. We have included a membership form with this issue. For those of you who have been members of TCF WA you'll find that our annual membership is less costly at only \$30 per person per financial year. Since the dissolution of TCF WA we have been sending out the newsletter, mostly via email and others in hard copy. If you complete and return the membership form, we will be able to update our records. Note that there is a space for "Remembered With love" messages and it is an honour to include these on your behalf. You may wish your personal messages to change from time to time and this is your opportunity to do so. Financial membership is payable after your first year of bereavement and is a necessity, for all registered charities and incorporated bodies, so we appreciate payment as soon as possible after 1 July. Your membership also entitles you to participate in all memorial events plus be invited to the Fathers Day and Mothers Day lunches and annual retreat.

I would like to encourage you to make contact with us, particularly if you cannot, or prefer not, to attend support groups. Our telephone friends are there to talk to whenever you feel the need. It helps so much to speak with someone who understands, who has been where you are now in your grief and who is living proof that you can and will survive this.

Our A.G.M. is being held in September and we would welcome new committee members. Fresh ideas are always appreciated and help keep TCF going. Just please ensure that your nomination form is sent in to the office two weeks prior to the AGM.

Margot McAllister

Mother of Kevin, Nana of Jackson



Serenity Prayer

God grant me the Serenity to accept the things I cannot change

The courage to change the things I can

And the wisdom to know the difference.

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Yesterday, Today & Tomorrow

Past Events

TCF Mandurah 18th “Walk to Remember”

The walk was a popular event with over ninety people gathering at Dalrymple Park, Mandurah. We gave our donations and received name ribbons to wear and hearts on which we wrote our personalized messages to our children and other loved ones. Carrying these and our bottle of water, we followed the piper, Dave Sinclair along the foreshore to the Mandurah Performing Arts Centre. There we paused to take photographs beside the lovely heart sculpture and to allow the piper time to draw breathe. Our piper played a tune for an elderly lady who was there and by the thanks on her face and teary eyes we could see how special this was for her. On return to Dalrymple Park the walkers enjoyed a sausage sizzle prepared by volunteers from the Catholic church on a BBQ trailer loaned by Craig Waterman from Squared Away. Our thanks go to all who supported this healing event including our volunteers, the main sponsors City of Mandurah and Bowra & O’Dea whose donations allowed us to place two advertisements in the community newspaper and the Halo Team, Catholic Church, Soroptimists and Mayday Op Shops. A special thank you to all who gave donations to each of our walk participants. These individual pledges help us to raise our much-needed funds to continue our work and to raise awareness of our work in the community.



MOTHERS’ DAY LUNCH

Our annual Mothers Day lunch was held on Friday 12 May at Lotteries House. It was lovely to welcome some new ladies to this event and to meet up with so many familiar faces, Everyone received a raffle ticket when they paid only \$5 at the door and the winner was long-time member and volunteer Sylvia Watts. Her flower arrangement was donate by Rockingham Beach Florist who supplies flowers for our Candlelight Memorial Service. After buffet and desserts the raffle prizes were drawn and everyone went home with a lovely donated gift. Sincere thanks go to the volunteers for the setting up, catering, serving and clearing up. It was good for all the ladies there to know they were not alone before one of the toughest days of the year. Sincere thanks once again to Soroptimists Mandurah for their generous donation towards this event.



Sylvia Watts, delighted with the
Lovely floral arrangement

Tina Pearce, Secretary and office volunteer , Mother of Ian.



Yesterday, Today & Tomorrow

Online Bereaved Sibling Chat Service

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

FATHERS' DAY LUNCH

Will be held on Saturday 2nd September, 2023

Commencing 12 noon at

MANDURAH STEAK HOUSE

51 Pinjarra Road, Mandurah

Hosted by Gary Withers President TCF Mandurah

RSVP by 30th August, 2023

To our office on

9535 7761

Or email tcfmandurah@bigpond.com.au

Email: tcfmandurah@bigpond.com

2023 Annual General Meeting

Meeting Room: Lotteries House

7 Anzac Place, Mandurah

You are warmly invited to attend our **AGM** which will commence at **11am, 14th September 2023**, and conclude with a light lunch.

All positions will be declared vacant, a new committee will be voted in and will then hold its first meeting at 1pm.

It is important that our financial members attend as we need the number 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 of your time.

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

Tina Pearce, Secretary

Mother of Ian

Containers for change

TCF Mandurah is registered for the Containers for Change scheme.

When you take the appropriate containers to your nearest collection point **PLEASE** ask for the change to be donated to

TCF Mandurah code C10351091

Volunteer News

We say farewell to Pat (Trish) Connett who has been our treasurer for the past few years. This was the second time that she had filled the role. When John Lawrence resigned Trish had stepped back in, much to our relief. The time has now come for a change for Trish, who has held on until we were able to find someone to replace her. For that and for the marvelous job she's done as our treasurer we owe Trish a huge vote of thanks.

Our new treasurer is Gaye Schmidt who has been working with Trish to handover. Gaye comes to us with a wealth of experience and we feel so lucky to have her with us. Recently retired, Gaye wanted to give something back to the community and responded to our advertisement. With open arms we welcome Gaye and look forward to working with her. Welcome to our team.

Peggy Fowles recently joined us and has been busy working in our quiet room. She has been making catalogue cards for each of the books that we received from ex TCFWA. These books we had sorted out and will be useful resources to add to our library. Our librarian Di will be pleased. Nice to have you with us Peggy

Thank you



On Saturday 4 March I was pleased to speak to the members of the **Mandurah floral art group**. These talented ladies had held a raffle and had decided to donate the proceeds to The Compassionate Friends. I told them of our work and we have now received the donation of \$400. .

In April I attended the A.G.M. and dinner of the **Catenian** group of the Catholic Church and was given a donation of over \$800. This group of men do lots of good work and two of them, Gerard Ots and Rob Macatee, answered our appeal to assist at our Walk to Remember by conducting the sausage sizzle for us.

Our grateful thanks go to both these groups. It is this type of support from the community that enables TCF Mandurah to continue

Margot McAllister, PR Manager

Mother of Kevin, Nana of Jackson

Yesterday, Today & Tomorrow

POEMS AND ARTICLES

'Letting Go' or 'Holding On'...

GRIEVING OUR LOSSES

Let me begin, fellow mourners, by advising that my adult step-son Ryan died tragically by drowning in faraway Peru over a decade ago. *Now* let's return in time to 26 February 2022, that very sad Dissolution Day of the Perth TCF branch. Members were invited to take items from the old library collection. Amongst my choices was Nancy O'Connor's *Letting Go With Love: The Grieving Process*. Published in 1986, this book outlines the conventional grief wisdom of the twentieth century. Since then, though, grief theory has evolved significantly. Nowadays theory *hopefully* emphasises the opportunity that grief may offer us to grow and develop as stronger and better people, despite our painful everlasting awareness of 'the presence of the absence'. We will always suffer an emotional hole in our hearts, and our healing and recovery take place alongside that psychological reality.

RELEASING THE LOVED ONE

Sigmund Freud wrote a paper in 1917, based on a few patients, arguing that grieving ends when one severs ties to the deceased person. O'Connor's book proposes a similar idea, postulating that "*You must say the final goodbye...so that you can move on...*" Freud was right about the importance of 'grief work', the diligent effort needed to healthily resolve grief, but he was wrong about the goal of letting go, that is, cutting the emotional ties to our dear dead loved one. Freud's notion was that the survivor should extricate the deceased person from deep within their own psyche, reclaim that previously-invested energy, and exclude the dead from any daily relevance. Such concepts are obsolete.

RETAINING OUR RYAN

My wife Glenda and I, along with most modern psychologists, repudiate Freud's ideas as reported in the last paragraph. We all believe that Freud was wrong! Whilst embracing the underlying principle of impermanence in our earthly lives, we mourners nowadays favour holding on to our deceased loved ones. By his death date, Ryan had been a blessing for over half of Glenda's life and for over one third of mine, and Ryan lives on strongly within our hearts and heads. Why would we now want to jettison our emotions, memories, and insights from decades of our own lives? Why should we ever wish to 'sever our ties' or 'let him go' or 'move on'? Furthermore, advances in psychology suggest that it is quite normal to maintain our bonds to the dead, it is helpful to our present coping, and we may enjoy a continuing sense of connection, even relationship, to the deceased loved one. So we proclaim that we will hold on to our Ryan, treasure our connection, celebrate and honour his life, and live with and love our grief around him, continuing this parental devotion indefinitely.

INTEGRATING GRIEF INTO LIFE

We shall not let go. Rather, we shall hold on to our dear Ryan. Our grief and the pain of it are normal and natural. Grief is not to be cured, nor buried, not to be censored, nor corrected. Rather, grief must be experienced, inhabited, embraced, and explored. This is what fresh grief theory teaches us. And so to the 'craving, yearning, and aching' of loss, we may add the 'healing, developing, and growing' made possible through and within grief itself. Recovery becomes building a new life alongside deep grief. Our consciousness generates death anxiety, but love provides us with countervailing meaning and continuing connection, strengthening our sense of acceptance and peace. Therefore, it behoves us all to hold on psychologically to our missing loved ones.

Dr David Wiles, *step-dad of Ryan*

What does it Mean to resolve our grief?

It means that you can go through a day or a week without intense pain and longing.

It means that you can think of the years you had with your child and smile.

It means that you can enjoy yourself again without feeling guilty.

It means that you can live and invest in new interests even though they don't include your child.

It means that you can think of him/her without hurting.

It means that your reaction to your child's death is changed.

As one mother put it, 'Now I can think of his/her life more than his/her death. For me that's resolution.'

By Margaret Gemer — Thank you TCF Malta for this item

Yesterday, Today & Tomorrow

Thanks

POEMS AND ARTICLES

This is a poem written by Deborah Robinson that she wrote for her son who passed away when he was in his early twenties, it is called A Picture of You.

A Picture of You by: Deborah Robinson

I only have a picture now,
A frozen piece of time,
To remind me of how it was,
When you were here, and mine.

I see your smiling eyes,
Each morning when I wake,
I talk to you, and place a kiss,
Upon your lovely face.

How much I miss you being here,
I really cannot say,
The ache is deep inside my heart,
And never goes away.

I hear it mentioned often,
That time will heal the pain,
But if I'm being honest,
I hope it will remain.

I need to feel you constantly,
To get me through the day,
I loved you so very much,
Why did you go away?

The angels came and took you,
That really wasn't fair,
They took my Son,
My future life, My heir.

If only they had asked me,
If I would take your place,
I would have done so willingly,
Leaving you this world to grace.

You should have had so many years,
To watch your life unfold,
And in the mist of this,
Watch me, your Mum grow old!

I hope you're watching from above,
At the daily tasks I do,
And let there be no doubt at all,
I really do love you.

***Submitted by Cathy Panizza
In memory of sons
Ashley and Damon***

If We Could Do It Over....

If we could do it over, I mean my son and me,
Would things be any different?
You can believe that they would be.

The fishing trips we never took,
and the games we never saw,
A thousand things still come to mind and
we could do them all.

If we could do it over, my missing son and I,
I'd take him to that place out West
where mountains touch the sky.

We'd hike the trails together and
learn of this great land.

He always did want to know
where he fitted in Nature's plan.

If we could do it over, like every Dad and son,
I'd teach him how to drive the car and
safely shoot my gun.

We'd talk of things - you know.

The girls and he would smile and say,
"Aw, Dad, -I know all that stuff."

But we'd discuss it anyway.

If we could do it over...But we can't, can we?

In God's great plan. He called my boy.

Just took him away from me.

Now all I do is sit and dream how beautiful it would be,
If we could do it over, I mean my boy and me.

by ~ Eugene F. Lewis, TCF Cincinnati, OH.



Thank you for this article-

OK Newsletter Winter 2015/2016



***When your beautiful
Heart stopped beating,
My heart broke in two.
Knowing that here on
earth, there won't be
another quite like you...
My beautiful, one of a
Kind child, you're a part
Of me, today and always...***

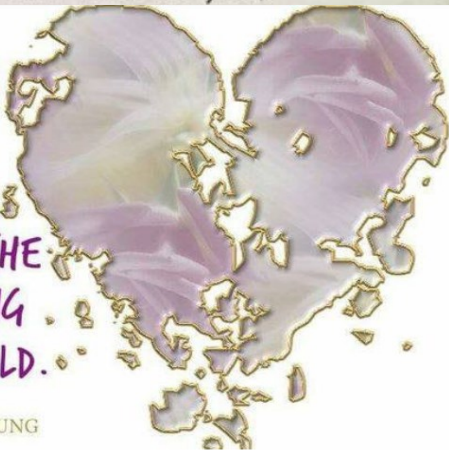
Yesterday, Today & Tomorrow

Grief is a very long journey,
a journey you take on your own.

And no one can know
all the sorrow you feel,
for it is your sorrow alone.
Grief is an awful intruder,
it comes and it stays
night and day.

And no one can look
at the way that you grieve,
and then tell you,

THERE IS
NO END
TO THE
HEARTACHE
OF LOSING
YOUR CHILD.



FOREVER YOUNG

OK Newsletter Winter 2019/2020

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 to get sympathy or to
get a helping hand.

I just want them to know I've lost something
dear, I want them to know my child was here.
my child left something behind which no
one can see, so if I've upset you, I'm sorry

As I can be.

You'll have to forgive me, I could not
resist, I just want you to know that
my child did exist.

-Author Unknown

Losing a child is like
losing your soul.
You may put on a
front for the world
but inside you are
dying a little more
each day.

Narin Grewal

Surviving grief isn't an *event*.

It's a *process*.

Take it *day-by-day*

and welcome *comfort*

wherever you find it.

~ author unknown



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Yesterday, Today & Tomorrow

Remembered With Love

June, July and August 2023

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

passed 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 and 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 and 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.

Jayden COCKS

8th December to 16th August

Thank you, Jayden, for being a part of our lives. I'm grateful for what we shared. You are loved and missed dearly. Until we meet again, your brother Ryan. Xoxoxo

Rene Robert COREMANS

passed over into spirit aged 16 ½

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



TCF Membership Reminder

Annual Membership Fee is now \$30 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.

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Remembered With Love

June, July and August 2023

Blake Joshua EVANS

29TH March to 23rd 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



Josh HARPER

passed 13th August

Missing you Josh so very much. It has been 6 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 oxox

Ian Bernard HOROWITZ

15th October to 11th August

I miss you so, dearest Ian, light of our lives. We can remember so much of your 20 Australia years, while we're here in WA and will treasure all those thoughts. Love Mum
Ian; Always in my heart. Love Dad

Chris MATTHEWS

8th June to January

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

18th November to 29th 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



Remembered With Love

June, July and August 2023

Cameron Ian NICHOLSON

born 30th July

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

Kevin John PERRY

18th November to 13th 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



Jamie PURSLOWE

10th August to 15th April

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

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

11th June to 19th 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

31st August to 5th 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 30th June

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

Susan Anne WALKER

21st June to 24th June

Love you and remembered always.

Kris Ronald WITHERS

22nd January to 21st August

Remembered Forever

Resource library Update

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

Evening Support Group Mandurah

When: 1st June
6th July
3rd 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: 16th June
21st July
18th August
Time: 9.30 to 12.30 p.m.
Where: Mandurah Lotteries House
Contact: The centre on 9535 7761

Ardrross Support Group Meeting

Dates 15th June
20th July
17th August
Time: 7.30pm start
Where: 54 Simpson Street, ARDROSS
Next door to St. David's Church
Contact: Ryan on 0433 910 060



Heathridge Support group

Dates: 22nd June
27th July
24th August
Time: 7.30pm start
Where: Spiers Centre, cnr. Albatross Court & Poseidon Rd, HEATHRIDGE
Contact: Lillian on 0417 907 711

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

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	0417 945 568	SIBLINGS_	Ryan	0433 910 060
BUNBURY	Sharon	0439 952 577	GRANDPARENTS	Lyn	9581 9957
GOLDFIELDS	Lorraine	0497 687 201	FATHERS	Gary	0414 491 524
PERTH (North)	Lillian	0417 907 711	FATHERS	Peter	0447 741 219
PERTH (South)	Ryan	0433 910 060	SUICIDE	Margot	0427 777 810
MANDURAH	Drop-In	9535 7761	SUICIDE	Russ	0417 945 568
WAROONA	John or Val	0417 956 066			

MISCARRIAGE/STILLBIRTH/INFANT
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.compassiontefriendsvictoria.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

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

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Other Useful Contacts

Alcohol & Drug Support Link		9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		9427 7100
Coroners Counselling Services		9425 5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Palmerston Counselling Services	Drug and alcohol Related	9581 4010
Peel Grief Support	grief support services after the death of any loved one Rosa	0418 910 230
Peel Community Legal Services		9581 4511
Relationships Australia	7 Cooper Street	6164 0570
Samaritans	Free Call	1800 198 313
Suicide Call-Back Services (SCDS) - Bereaved by Suicide National Free Counselling		1300 659 467
South Coast Women's Health Services – Rockingham	www.schs.com.au	9550 0900
SOLACEWA-Loss of Spouse	Sandra or www.solacegriefsupport.org.au	0488 991 084
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120

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.

TCF Mandurah Sponsors 2022



Our Lady's Assumption
Church

MAYDAY OP-SHOP



Parkland Villas Mandurah



a global voice
for women

Soroptimist  International

BOWRA & O'DEA

FUNERAL DIRECTORS

Yesterday, Today & Tomorrow