

# Yesterday, Today & Tomorrow



The Compassionate Friends Mandurah Chapter  
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Founded in England by Rev Simon Stephens 1969  
Australian Founders Lindsay & Margaret Harmer, 1978  
WA Patron Graham Mabury OAM Cit WA FECU  
BA (Hons) Grad. Dip. Ed.

## Welcome

Welcome to all who are reading this newsletter. A special welcome to those who are bereaved fathers, as we approach Fathers Day. Remember that the reason you are grieving is that you have loved and I believe that the love between a child (of any age) and parent never dies but lives on. I wish you peace and love. Those who receive this newsletter are in touch with TCF, however there are many bereaved families who are not aware of our services. The exciting news is that we have been successful in obtaining a grant from Lottery West “ *towards a 12 month outreach project to upskill, establish and grow peer led support groups for bereaved families*”. We are extremely grateful to Lottery West for this grant which will enable us to take our support services to rural areas of our huge state. You and I know that there will be many families who need our support and they don't all reside near Perth, Bunbury or Mandurah.

We've been fortunate to recruit Penny Madigan as our Rural Outreach Project Officer and she and I will be visiting as many country towns as we can, to hopefully recruit parents who are over two years in their own grief journey to be the local contacts. We will then go on to provide training, resources and back up to all regional contacts. It's vital for bereaved parents to be able to reach out to someone in their area. It's also vital to inform community groups of any kind, of our services. This is a huge project but will result in the provision of the grief support, that you and I have received, which can make a huge difference to peoples lives. I for one am immensely grateful that the bereaved parents of TCFWA were there to help me when I was devastated by the death of my son.

Our first objective is to visit Esperance and Kalgoorlie during the first week in September. In each place we'll hold a public interest meeting for the agencies who are likely to be in touch with bereaved families and any members of the community who are interested. This will be followed by a support group and we hope to recruit two or three volunteers to continue the work of TCF. If any of our members know of someone who resides in these or other country areas and who might be keen & suitable please speak to them and let us know. Penny can be contacted on [ruraloutreachtcfm@gmail.com](mailto:ruraloutreachtcfm@gmail.com)

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

*“My message to other dads is this:*

*If you can't cry and you find yourself saying over and over again that you've dealt with it,  
maybe you really haven't.*

*Find a safe place to face your tears and let them come.*

*Each tear shed is one less to carry around inside”*

*by—Len Fraser, TCF Winnipeg, Manitoba*



## Past Events

### John Lawrence—event at Mandurah

#### Council chambers to celebrate his O.A.M.

I attended with Gary Withers & Emily Pinnell and many other people. There were a lot of speeches and The Mayor spoke listing John's history of the work he had done over the years.

John spoke of The Compassionate Friends and the many years he had been our Treasurer. There was a variety of areas that he attended.

He definitely deserved all the accolades he received. We had a light supper with beer & wine. Photos were taken and it was a very enjoyable evening.

*Carolyn Lee, Vice President, TCF*

*Mother of Christopher*



The photo shows Sylvia Watts & Margot McAllister from TCF with Rosa Nutarelli from Peel Grief Support with David Templeman at the Peel Connect dinner & networking event. This event held on first August each year is a great opportunity to meet people from a large number of local community agencies.

### Fundraising Morning Tea

The morning tea which was held at Belswan Retirement village on 15 June raised funds and awareness of our services.

**THANK YOU** to all who contributed and to **Woolworths Greenfields** for generously providing the morning tea.

We had a huge raffle with donations from **TCF volunteers, Belswan Woodwork Group, Daragh, Anne "hair stylist"** and others.

Thanks also to the friends and volunteers who gave so generously of their time.

*Yesterday, Today & Tomorrow*

### Volunteer's Luncheon—17 May 2023

This was held at the Mandurah Performing Arts Centre. I attended with my husband Dave, Gary Withers, Wendy Hancock & Leta Harris. Many people attended, representing their Organisations. The event was held in the lobby, and the tables were set up lovely with an average of 4 people to a table. There was a Band who played great tunes while we had lunch. The Raffle main prize was a wonderful ticket to the Ten Tenors Concert and 3 prizes of Flowers. The lunch was wonderful with lots of variety. It was great meeting and talking to other groups and hearing their stories. We finished up about 2pm. Everyone seemed to enjoy the get-together.

*Carolyn Lee, Vice President, TCF*

*Mother of Christopher*

## Volunteer news

**Susan Lynch** has retired to travel with her husband around Australia. We're very grateful to Susan who occupied the position of administration assistant but also volunteered many hours over the years to help with events etc. We all wish you well Susan and hope you enjoy retirement.

**Cheryl Wellington** has taken over from Susan and is settling in well. Cheryl is on duty on Wednesdays and can be contacted with any administrative matters including the newsletter, statistics and reports.

Welcome Cheryl, we hope you'll enjoy working with the team.

## Positions Vacant

A **Group facilitator** will be needed to continue the Heathridge support group in the New Year. Lillian has facilitated this group for many years and now needs to retire. We need a bereaved parent, sibling or grandparent who is over two years in their grief journey and is willing to be trained in the role.

We need someone who is skilled in **Social Media** to maintain our Facebook page and web site. If anyone is interested in volunteering in this way please contact us at the office on 9535 7761 or by email on [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)

Are you experienced at submitting **funding applications?** As TCF is not funded we are constantly looking for opportunities to obtain grants for our activities. If you can take on this task it would be greatly appreciated. Contact the office on 95357761 or [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)



**Volunteers** are the heart and soul of  
The Compassionate Friends

## **Visit from TCF Victoria member**

One of the lovely things about being a member of TCF is that you are always welcome to visit other TCF chapters in your country or another. Recently Sue Brown from Victoria was in WA and took the opportunity to make contact. I was happy to show her our centre and then we enjoyed a late lunch at Sharkys. The similarities between us were many, we discovered as we talked. We both expressed a gratitude which we now have for all that we've had and have now in our lives. Like me, Sue is a longtime member, a group facilitator and volunteers in several ways. The photograph was taken by the marina outside Sharkys.

*Margot McAllister  
Mother of Kevin, Nana of Jackson*



## **Connect Groups**

I attended a seminar & workshop held at the Lakelands Library on 1st August. Connect groups aim to assist peer support groups around the state, providing resources including advocacy and have contact with approximately 800 groups.

The useful aspect of the seminar was the networking it offered & the opportunity to distribute our TCF information to the other agencies represented.

There are several displays of support groups being arranged and we hope to be part of those which will be held in various areas in October. It's so important to let bereaved parents know that our support services are available.

*Margot McAllister  
Mother of Kevin, Nana of Jackson*



## **COMING EVENTS**

### **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](mailto:tcfmandurah@bigpond.com).



### **2023 Annual General Meeting**

#### **to be held at:**

Main Meeting Room

Mandurah Lotteries House  
7 Anzac Place Mandurah

You are warmly invited to attend our AGM which will commence

**at 11am on Thursday, 14th September**

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 numbers to reach a quorum.

Please come along to support our committee and members to continue the vital work of TCF.

*Tina Pearce, mother of Ian*

*Secretary*

### **Unsubscribe**

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

*Yesterday, Today & Tomorrow*



## **BENDIGO BANK RAFFLE**

We are participating once again in the Bendigo Bank raffle which brought us much needed funds last year.

The bank has provided the tickets which are priced at \$5 each. The prizes are 1<sup>st</sup> a \$15,000 Bendigo Bank savings account, 2<sup>nd</sup> a \$3000 savings account and 3<sup>rd</sup> a \$2000 savings account.

These are great prizes so if you can help by selling tickets, which are in books of ten, please contact the office ASAP.

Each dollar we sell is matched by the bank so the more we can sell, the better the funds raised. Thank you.

As a non-funded charity, we have to do our own fundraising which is an ongoing problem.

With Bendigo Bank obtaining the licence and printing the tickets, this only leaves us to sell them. That is a great help which we appreciate.

Please ring the office on 9535 7761 for books

## **Vale Felicity Mason**

Felicity, known as Flick, attended our Bereaved by suicide support group several times and kept in touch by telephone. She had been a breast cancer survivor but unfortunately that dreaded condition returned with a vengeance. I attended her funeral along with so many others. Flick challenged the care that her son had received at a major hospital and her efforts brought about a small change in procedure which will help families in the future.

Now at peace with son Travis



## **Tomorrow**

When all the tomorrows have come  
And I have been finally laid to rest  
It is then that the sun shall rise

On a new day and my tomorrow and yours are one

*Karl Takacs, father of Ashley Takacs*

*Yesterday, Today & Tomorrow*

## **Candlelight Memorial Service**

The 2023 Candlelight Memorial Service will be held on Sunday 10 December which is World-wide Candle-lighting Sunday.

The venue is the South Mandurah Anglican Church  
2-4 Rees Place Wannanup.

Arrive from 6.30p.m. for a 7p.m. start.

Please bring a framed photograph of your loved one and a plate for a shared supper.



Candles are provided.

This is our service, compiled and presented by bereaved parents, siblings and grandparents.

A wonderful special time when the presence of others like ourselves brings a sense of strength and comfort as we approach Christmas.

If you have a special poem or reading that you would like to present please contact me.

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

*On 0427 777 810 or at the office on 9535 7761*

## **The Compassionate Friends Weekend Retreat**

For years I've called it, "*stop the world, I want to get off - peaceful, relaxing atmosphere*"

Our Retreat is rather like multiple group meetings. Having a cuppa or around the table at meal times, knowing you are surrounded by people in the same mindset as yourself and the bush. Always a chance to talk one to one. Friday is like a big family get together with a pot luck dinner with friends from previous retreats, and new friends trying the retreat for the first time.

Saturday we have a 'welcome circle', meditation and then therapies. All our therapists have volunteered their time to assist us in our grief and pain. Therapies can include massage, reiki and mediumship readings. At the end of the day we thank our visitors for their healing.

Sunday is all about US! A flowers on the water ceremony. A chance to do an art project to help our healing. Saturday and Sunday are catered for - just a hand doing the dishes is appreciated.

Cost is \$100 for members, \$120 non members or \$30 for Saturday only. Please advise the office on 9535 7761 if you wish to attend

*Gary Withers & Carolyn Lee*

*Father of Chris & Gary Jnr. & Mother of Christopher*

## POEMS AND ARTICLES

I'm not sure that I'm OK, Don't even think I'm  
fine, I'm empty on the inside, But not inside my  
mind.

My mind can't stop thinking, What more could I  
have done, I really can't stop wondering,  
where did everything go wrong.

I'm not really here at all, Just the shell is left to  
see, I have become someone,  
I never thought I'd be.

A Grieving Father

by Lisa McCann



REMEMBRANCE *letter*  
— Glass —

ASHES IN GLASS

Eternal  
memories in  
handmade glass

Capture the  
essence of your  
loved one in a  
keepsake to  
treasure.....  
Forever.

Website coming soon....  
[www.remembranceglass.com.au](http://www.remembranceglass.com.au)  
Jennie: 0415 049 330  
Phoenix Art Glass Studio  
Whiteman Park, Perth

A collection of handmade glass jewelry. At the top is a necklace with a red heart pendant. Below it are several pairs of earrings with various colored glass pendants. To the right is a set of pens with colorful glass barrels.

The bond among grieving parents is so close it is  
unfathomable, it cannot be entered into by  
outsiders.

But it is known to each of us, a quick look, an  
acknowledgement, and we know immediately the  
agenda of suffering we have in common and that  
there is no fact of our lives more important than  
this—I too had a child who died!

*Author unknown*

*Time can't take away anything that has already  
been given.*

*Your treasures from days gone by are still there,  
your precious memories will always be.*

*Life is not a beautiful jewel we can hold – or lose – in  
our hands.*

*Each of us is an hourglass. And in the course of our  
lives, we get to keep the diamonds that come our  
way among the passing sands.*

*By Douglas Pagels 2006*



If I had a flower for every time I thought of you,  
I could walk in my garden forever.

Alfred Lord Tennyson

We need 4 hugs a day for survival.  
We need 8 hugs a day for maintenance. We need  
12 hugs a day for growth

—Virginia Satir.

## Do Babies Grow Up in Heaven?

Will I know my baby when we meet again?  
Will he have grown up, not be the infant  
that died in my arms?  
Will I recognize him, be able to find him  
among so many others?  
Or will he be a stranger to me,  
not knowing who I am,  
or me knowing him?

Do babies grow up in heaven?  
He never got his first tooth, or said his first words.  
No first shoes, no Santa, no first birthday cake.  
Will my son still be a baby when we meet again?



Do babies grow up in heaven?  
Who sings him precious lullabies?  
Who holds him close and kisses him everyday?  
Who tells him constantly that they love him?

Do babies grow up in heaven?  
When we next meet, will he know me?  
Will he want to know me?  
Will he be my son who died at three months,  
or a man, fully grown?

Will I have the joy of being a mother to my son for all  
eternity?

Author unknown

## Grandparents are a special gift

Grandparents are a special gift  
That God gives to each child.  
Their love outshines the brightest star...  
Their love can never be defiled.

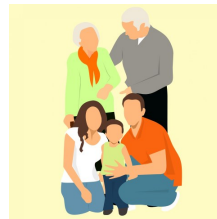
Oh, but when a child becomes an angel,  
Grandparents feel the pain and sorrow.  
Beyond any pain they've known in life...  
Or will ever come to know tomorrow.

For a grandparent holds a special love  
For the child their child has had.  
And, to lose what they hold dear...  
Leaves them heartbroken and sad.

Their legacy is their grandchildren...  
So how can they learn to survive?  
Will the dreams of their tomorrows  
Somehow be kept alive?

Yes, a grandparent is a survivor...  
And life has taught them how to be.  
For their wisdom, courage & love  
Is carried from them... to You & me.

Author Kaye Des'Ormeaux



## Parents Ask

When my child died, some people said I would just have to “ accept it ”

What does “ accept it “ mean?

## Parents Answer

For me, when I was willing to risk being really close with my children and others again, I think I accepted it, and I still grieve.

I accept the fact of my sons death, but I cant accept any reasons why. I know he's gone and not coming back. I have grown emotionally and can live my life.

The intensity and frequency of my feelings has begun to change. I'm learning to adjust to this. I'm improving and I know it.

I am finding meaning in my life again, reinvesting, it's a reorganized way of being.

I feel alive again– more joyful and happy than sad and unhappy. For many bereaved parents , the word acceptance is too difficult. We know we can adjust, and we can learn to cope.

*Cindy Bouman, TCF Hinsdale, IL.*

## **THOSE LEFT BEHIND**

In the aftermath of the suicide of a family member or friend comes shock, denial, anger, depression, loneliness and profound sense of loss. The death is the more shocking when, as often, it is unforeseen - or when a severely damaged body is found or when identification

is necessary. Denial of the nature of death of young children or adolescents by parents, even on the finding of a suicide note, compounds an initial denial. Anger (Why did he . . . ?) with corrosive guilt (Why didn't I...?) focuses on the loss, and the loneliness is deepened

when baffled friends have difficulty or cannot extend consolation or support, a silence that is felt as the stigma that is attached to suicide. With terrible irony, just when a father and surviving siblings, (grieving in their own loneliness), need familial support, the loneliness of a mother is isolating or manifest as over-protectiveness of the siblings. Parents can feel shame, even blame, at their self-perceived failure as parents, and mothers are particularly prone to depression after the suicide of a child.

In contrast to the quiet gathering at a deathbed of one with chronic illness, is the death of an adolescent or young adult suffering from severe mental illness, with the final hopelessness of suffering is not always known to the other members of the family, but when it is, some families, already in turmoil with members emotionally drained, experience both loss and some relief.

Severe mental illness is one of the conditions that predispose young individuals to kill themselves. Depression is at the heart of most suicides. How can those left behind be helped? There are many ways: the support of family and friends, religious faith, the passage of time, psychotherapy and counselling.

An effective way has been through the establishment of local self-help support groups. These groups enable those who have experienced the suicide of a member of their family to get together and exchange support, information and encouragement to build a meaningful future.

From listening to others who have survived comes learning to survive and do better in life. The Compassionate Friends is one such group, indeed to provide this help is the mainspring and role for its existence and actions.

Trevor Faragher

TCF – Vic

## **You know you're making progress when.....**

- You can remember your child with a smile
- You realize the painful comments others make are made in ignorance.
- You can reach out to help someone else.
- You stop dreading holidays
- You can sit through a church service without crying.
- You can concentrate on something besides your child.
- You can find something to thank God for.
- You can be alone in your house without it bothering you.
- You can talk about what happened to your child without falling apart.
- You no longer feel you have to go to the cemetery every day or every week.
- You can tolerate the sound of a baby crying.
- You don't have to turn off the radio when his or her favorite music comes on.
- You can find something to laugh about.
- You can drive by the hospital or that intersection without screaming.
- You no longer feel exhausted all the time.
- You can appreciate a sunset, the smell of newly-mowed grass, the pattern on a butterfly's wings.

*Judy Osgood  
TCF Caramel.*



## **Your story**

Your contributions to this newsletter are welcome. Just as we share and relate to others in support groups, so too we can share by sending in items for the newsletter. Have no doubt **YOUR** experiences can help others. Your writings and items which you've found helpful are appreciated.

*Yesterday, Today & Tomorrow*



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# ***Remembered With Love***

## ***September, October, November, 2023***

### ***Vincent Lee BLAGDEN***

Son of Mark and Anna, brother of Leigh and Dean.  
Forever in our memory. With love always.

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

### ***Alayna BROCX***

Our beloved daughter Alayna. Mother of Joshua, Shenae and Mikey, sister of Miranda and Janine.  
Forever in our Hearts. Mum and Dad

***13<sup>th</sup> March to 25<sup>th</sup> November***

### ***Robert Neil BURTT***

A long time ago, but you are still fresh in my mind every day. Love Dad xoxoxo

***born 16<sup>th</sup> October***

### ***Vivian CHANDLER***

You are always with us Viv, love from Mum and Dad, Karen, Marlene and Adam, daughters Emily, Sophie and Olivia, nieces and nephew.

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

### ***Marcel CARACCIOLO***

Time passes but the wonderful memory of my beautiful son Marcel will be forever in my heart. The light of God shines eternally on you. Love eternal Mum xoxoxo

***born 14<sup>th</sup> November***

### ***Scott Byron CLARKE***

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.

***8<sup>th</sup> October to 17 September***

### ***Andrew James DOY***

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.

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

### ***Robert John GALLAGHER***

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

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



### ***Ellie Lorraine HOPE***

Our beautiful daughter, you are always in our thoughts. You are very loved and missed. Love Mum, Dad, Bethany, Sophie and Rory xxx.

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

### ***Ian Bernard HOROWITZ***

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

***15<sup>th</sup> October to 11<sup>th</sup> August***

### ***Karen Louise HUTT***

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

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

### ***Tara Helene KINGSTON***

Instead of celebrating with you, we will be celebrating for you. Your gorgeous daughter looks so much like you that I sometimes feel you are still with us. Love you forever sweetheart, Mum. Xoxoxo

***born 4<sup>th</sup> October***

***Incorporating TCFWA updated June 2022***

*Yesterday, Today & Tomorrow*

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# **Remembered With Love**

## **September, October, November, 2023**

### **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

### **Martin Andrew McKEICH**

**27<sup>th</sup> November to 19<sup>th</sup> March**

Sad years have passed since you left us. Loving you is easy—we do it every day. Missing you is a heartache that never goes away. Mum, Dad, Darren, Vanessa, Natalie, Riley, and Phoebe and all your friends. xoxoxo

### **Tammy Yvette MELNYK**

**30<sup>th</sup> November to 14<sup>th</sup> November**

In loving memory of Tammy. My precious daughter, I miss you so much. Each day brings me closer to you. Love Mum. Xoxoxo

### **Jemma Louise O'BRIEN**

**13<sup>th</sup> October to 17<sup>th</sup> May**

You left us suddenly without saying goodbye. You live on through your three beautiful children, but my heart aches. Love Mum. Xoxoxo

### **Narelle PAGE**

**31<sup>st</sup> December to 10<sup>th</sup> September**

Losing you breaks my heart every single day. Love & miss you more than words can say. Everyone's "go to girl", "one of a kind". My precious first born – I will never forget you.  
Love forever, 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.  
Loved, remembered and missed forever.

### **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



### **Michel Jerry SWEITZER**

**30<sup>th</sup> June to 13<sup>th</sup> November**

Darling Michel, you are in our hearts always. We miss you so much, love Mum and sister Monica.  
Xoxoxo

### **Byron Daniel TARR**

**4<sup>th</sup> January to 18<sup>th</sup> November**

We hope you are happy and free with your big sister Neve. Thank you for your love and for watching over your younger sister Chelsea. Love you forever, Mum, Dad, and Chelsea. Xoxoxo

### **Joseph WALE**

**15<sup>th</sup> May to 27<sup>th</sup> September**

We miss you so much Joe, everyday gets harder. You took a part of us with you when you left so suddenly. Remember "families are forever" wherever we may be. Love always, Mum, Dad, Jane and Tom.  
xoxoxo

## 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.

You are welcome to call in & check out the library contents. The CDs that we have meet a variety of uses for example we have some for relaxation, some address grief education and others contain beautiful memorial songs.



## Support Groups

### Evening Support Group Mandurah

**When:** 7th September  
5th October  
2nd November

**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:** 22nd September  
20th October  
17th November

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

**Where:** Mandurah Lotteries House

**Contact:** The centre on 9535 7761

### Ardross Support Group

**Dates** 21 September  
19 October  
16 November

**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:** 28 September  
26 October  
23 November

**Time:** 7.30pm start

**Where:** Spiers Centre, cnr. Albatross Court & Poseidon Rd, HEATHRIDGE

**Contact:** Lillian on 0417 907 711

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## 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 | <b>SIBLINGS_</b>    | Ryan   | 0433 910 060 |
| <b>BUNBURY</b>       | <b>Sharon</b> | 0439 952 577 | <b>GRANDPARENTS</b> | Lyn    | 9581 9957    |
| <b>GOLDFIELDS</b>    | Lorraine      | 0497 687 201 | <b>FATHERS</b>      | Gary   | 0414 491 524 |
| <b>PERTH (North)</b> | Lillian       | 0417 907 711 | <b>FATHERS</b>      | Peter  | 0447 741 219 |
| <b>PERTH (South)</b> | Ryan          | 0433 910 060 | <b>SUICIDE</b>      | Margot | 0427 777 810 |
| <b>MANDURAH</b>      | Drop-In       | 9535 7761    | <b>SUICIDE</b>      | Russ   | 0417 945 568 |
| <b>WAROONA</b>       | 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>  |
|---------------------------------|-------------------|--|
| <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.parentsof suicide-aunz.com">www.parentsof suicide-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>                     |   |
| <a href="http://www.gratefulness.org/light-a-candle/">www.gratefulness.org/light-a-candle/</a> | Light a virtual candle and/or leave a message.                            |



## Other Useful Contacts

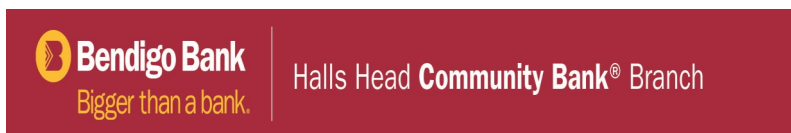
|   |  |              |
|---|--|--------------|
| Alcohol & Drug Support Link   |  | 9442 500     |
| Department of Community Services (Child Protection & Homelessness)                |  | 1800 190 008 |
| Helping Minds Rockingham  |  | 9427 7100    |
| Coroners Counselling Services   |  | 9425 5200    |
| 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.

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