

# 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 and if you are receiving this newsletter for the first time I hope that you will find some support in it.

To relate to some of the feelings expressed in the words of others is to find a validation of your own feelings. It is important to have the reassurance that you are not losing your mind and that what you are experiencing is perfectly natural.

The main topics in this issue are our “Walk to Remember” on 10 March and our Mothers Day lunch on 10 May.

As I cast my mind back to the first Mothers Day without my son, I see a picture of utter devastation. I would be rocking to and fro with arms around my body as if to contain the gut wrenching agony of my empty womb. Those of us who are far along in our grief have learnt how to live with the pain and have found a peace to replace the turmoil, but we never forget the pain which used to be with us every minute of each day. That is why we can relate with compassion to newly bereaved parents and why what we do works.

There are no shortcuts. It's important for each of us to do our grief work. This means to acknowledge our grief and to deal with each issue in a healthy way. Open expression of our feelings in a verbal, written, musical or pictorial way, sharing with others in groups or one to one, learning from others to develop coping skills and being kind to ourselves.

During the long journey we redefine all that makes us and our meaning of life and the world. It isn't easy, which is why we talk about our grief work, but if I can do it then anyone can and you don't have to do it alone. Remember “We need not walk alone, we are The Compassionate Friends”.

*Margot McAllister, mother of Kevin and Nana of Jackson*



## **A Beginning...**

One day you wake up and realise you must have survived  
because you are still here, alive and breathing.

But you don't remember the infinitely small steps and decisions you took to get there.

Your only awareness is that you have shed miles of tears on what seems to be an endless road of sorrow.

One day, one glorious day, you wake up and feel your skin tingle again.

And you forgot, just for an instant, that your heart is broken...

And it is a beginning

*...by Susan Borrowman*



## Past Events

### **CANDLELIGHT MEMORIAL SERVICE**

When I first came to TCF after losing my 24 yr old son Ethan to suicide, I was in a state of shock, trauma and terrified that this was my reality.

During my initial meeting with Margot, I was beside myself with devastation and hopelessness, however Margot gave me a lifeline I have held close ever since. Her words were "because I know my son loved me". I didn't realize at the time that I had been questioning whether my son even loved me. I felt so abandoned and disregarded. Didn't he know how much I loved him, didn't he think about me at all? But then I thought about all the times that I knew my son loved me.

Like when he was 17 on Mother's day and he came home with two shopping bags of every single food that I liked. I didn't know that he knew me so well and I was touched by his thoughtfulness. He did that because he loved me.

Or the time when he was 20 and living in Melbourne and he messaged me saying "make sure you are home tomorrow between 5 and 7pm". Um okay, why? "Just make sure you are home" he said. So I did and a Woolies truck pulled up with an online shopping haul. He did that because he loved me.

I have countless memories of joy and happiness of where I know my son loved me and this is what I choose to focus on. Because when I do, I feel grateful. I feel blessed. I feel lucky. How lucky am I to have been loved by him and to have had him in my life. I mean, how lucky am I?

And this is how I will survive my devastating loss.

So I would like to give thanks and appreciation to the loved ones we have lost, the love that was shared and to the memories that are now forever beautifully bathed in the orange and pink glow of their last sunset.

Thank you,

*Kate Reynolds, Mother of Ethan*



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### **Candlelight Memorial Service 2023**

Our beautiful service was held at the South Mandurah Uniting Church. The venue and atmosphere was warm and welcoming.

This annual service is such a good help to those of us who are approaching Christmas with a precious loved one missing. To be able to gather with others who understand is so healing and helps us to go on to celebrate this special time with our relatives and friends. A huge thank you to Peter and Judy Bright who gave so freely of their time to arrange the service, to the readers who presented their readings and thoughts and to the volunteers who all helped on the evening.



### **International Childrens Memorial Day**

What a lovely way to start a day. Alongside the estuary at Dalrymple Park, our seats on the grass and a slight breeze. Parents, siblings and a young child gathered to commemorate the start of The Compassionate Friends by writing personal messages to our loved ones and tying them to beautiful flowers. We then walked out on the bridge to throw them into the water. A light breakfast was then enjoyed and while we were talking about dolphins one dolphin swam close and came out of the water as if to say hello. That was so special. The photograph shows our memorial quilt on which is written personal messages from many bereaved families.



## Coming Events



During December and January, Margot and I have continued our Rural Outreach, visiting Midland, Northam and Karratha. We facilitated Community Engagement, giving us an opportunity to connect with key community stakeholders and community members, informing them of our services – vital in country WA.

We met amazing community-minded people...  
so inspiring!

Margot additionally facilitated support groups for bereaved family members which were valued by all concerned. We felt our visits were a successful, positive continuation of the new outreach venture afforded to

TCF thanks to the Lotterywest grant!

*Penny Madigan, Rural Outreach Project  
Officer.*



### Unsubscribe

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



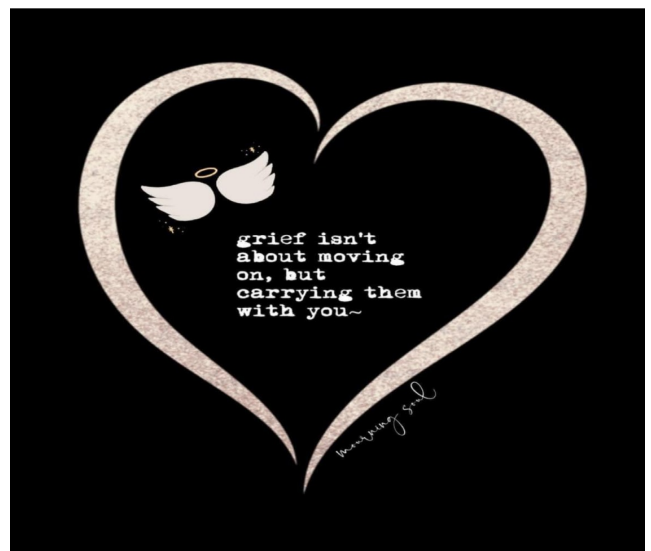
### Annual Walk to Remember

Hopefully everyone is getting ready to attend the walk on March 10. Remember to bring as many relatives and friends as you can, to bring a folding chair and wear sunscreen.

As usual we will provide bottled water and the volunteers from the Lions Club of Mandurah will be cooking a sausage sizzle to enjoy at the end of our walk. David Templeman will officially start the walk again and we will be walking behind our piper Dave Sinclair from the Rockingham City Pipe Band. The sound of the pipes will draw the attention of people as we walk along the foreshore to the MPAC. There we'll stop to take photographs and allow the piper to draw breathe before returning to Dalrymple Park.

Please aim to arrive at 9.30 to have time to hand in your pledges or donation, be given a bottle of cold water, receive a heart on which to write your personal message and a ribbon to put the name of your loved one. We carry these with us as we walk in honour of the memory of our loved ones.

We are grateful to our sponsors this year, who include the **City of Mandurah** from where we obtained a grant which has enabled us to purchase a fence banner and several newspaper advertisements to promote this is our 19th memorial walk.



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## COMING EVENTS

### EASTER IN HEAVEN

I send this Easter egg with a hug and a kiss,  
to those in heaven that I love and miss.

I'm sharing this egg in loving memory of my  
family and friends who have passed away.

I miss you, I think about you, I will never forget  
you

*Gone but not Forgotten.*

### *I still love you*

I didn't say goodbye to you, there wasn't any  
time. You quickly slipped away from me, the  
timing wasn't mine.

And since the day you passed away, I've thought  
of words not said, And so I just decided to write  
them down instead.

I love you more than life itself, which means I  
love you still, And I just want the world to know,  
how much I always will.

Anne Peterson 1994

Please be advised TCF Office—will be closed:

\* Monday 4th March—Labour Day.

\* Friday 29th March and  
Monday 1st April.

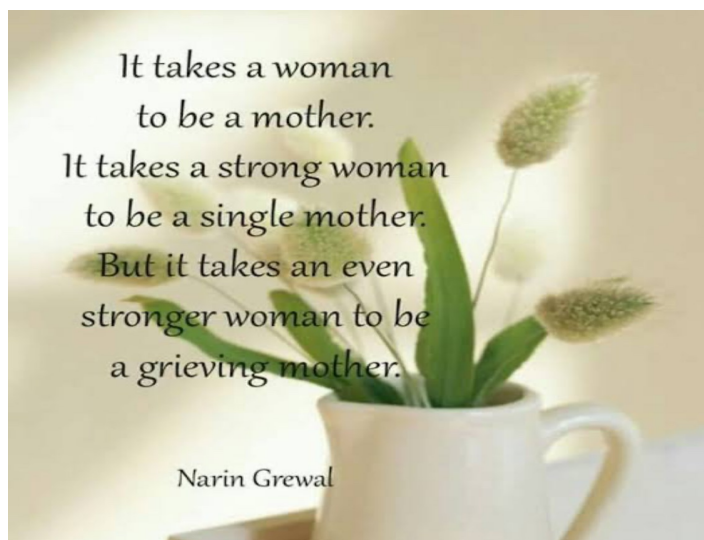
for Easter.

\* Thurs 25th April — Anzac Day

### **WE WILL REMEMBER THEM**



*Yesterday, Today & Tomorrow*



### **MOTHER'S DAY LUNCHEON**

#### **FRIDAY 10TH MAY 12 NOON**

We warmly invite bereaved Mothers, Grandmas and Sibling to our annual lunch as above. This will be held in the main meeting room at Lotteries House, ANZAC Place, Mandurah.

Entry is only \$5.00 where you will be served a lovely 2 course buffet. We hold a raffle for some great donated prizes. 3 tickets for \$5.00

If you are coming for the first time please bring a friend or family member if needed for support.

Invitations will be mailed out prior to the date.

A volunteer will be outside to open the door from 11.40am.

The lunch gives all of us the opportunity to meet, to make friends and share and care for each other.

RSVP the office on 9535 7761 or  
email [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com).

We look forward to another lovely time together.  
Kind regards Tina, *TCF Secretary & mother of Ian*

**Mothers hold their children's  
hands for a short while,  
but their hearts forever.  
~Author Unknown**

## GENERAL NOTICES



### Volunteer News

**Anita Winn** has stepped forward to facilitate the Heathridge support group. It's such a relief to be able to continue. We are very grateful to Anita for this and to **Lillian Green** who is helping to train Anita.

So typical of Lillians generous nature. Thank you both.

We said thank you and good luck to **Wendy Hancock** as she left to start a course at TAFE. We know that she has the ability and compassion needed in her chosen career. Thank you for the time given in our office Wendy and thank you for choosing to remain a member of our management committee.

We welcome **Rebecca Townsend** to the office roster and know that she'll fit in well and contribute her skills which are so much needed.

### Sad news

Unfortunately, the husband of our treasurer

**Gaye Schmidt**, was diagnosed only a short while

ago with a degenerative condition which progressed rapidly. He passed away on 7th February.

The President, Committee members

and all at TCF send our condolences to Gaye.



### Membership

Please pay your membership as of your second year of bereavement. The \$30 annual fee helps to meet the costs of newsletter, services and invitations to memorial events.

You can pay by cash, cheque, money order, or directly to TCF Mandurah, Bendigo Bank:

**BSB 633000 a/c 157735895.**

**Sometimes, you just have to bow your head,**

**say a prayer and weather the storm.**

**~ Mother Teresa**

### 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

Items can be sent to [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com) marked for attention newsletter editor

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## The Many Faces of Grief

Robert still cannot sleep too well, he's awake from 2am.  
Janet is the opposite, and doesn't rise till ten.  
Sarah made a special card, for each and everyone.  
She did this sitting on the beach, while soaking up the sun.

Samuel went out to the shed, in the middle of the night.  
He grabbed the axe and chopped the wood, until it was first light.  
George took out his little boat, and sailed across the bay.  
We may be family, we may be friends, but we each grieve in our own way.

Peter flew off the handle, anything set him off.  
Pat put a message in a balloon and gently set it aloft.  
Tui simply went to bed and hid under the sheets.  
She couldn't bear to leave the house, it's now been several weeks.

Jane cleaned the entire house, from room to room she went.  
Till the house was cleaner than it had ever been and all her tears were spent.

Leo couldn't wash at all, he didn't shower for days.  
We may be friends or family but we grieve in different ways.

Mark just HAD to go to work to "take his mind off things",  
Melissa walked to the park at dusk and sat quietly on the swings.  
Bethany went down to the gym, she didn't do this for fun,  
And if that didn't help ease her pain, she'd head out for a run.

Patricia looks like nothing's wrong, that not a tear was shed,  
Plenty have been but no one knows, she only cries in bed.  
So please be kind and gentle when loved ones pass away,  
For each of us will be grieving in our own and special way.

A van der Velden

### A Feather

Feathers are brave – they go where the wind takes them.


Feathers are patient – they arrive at their destination,  
fall to the ground and wait.  
They wait for the world to tell them what will come next.

Feathers are light but they are strong – it's not easy to break a feather.  
Feathers are fearless – because they do all this with the hope  
That where they are about to go,  
Whatever they are about to do,  
is what life meant for them.

*"Heart of the cross" by Emily Madden*



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 myfamandme.com



Grief is like a snowflake...  
sometimes it comes one flake at a time; other times,  
it comes like a blizzard.  
It melts away, but it always comes back. Just as each snowflake is unique, each person experiences grief in their own unique way.

## Why do we volunteer as Compassionate Friends?

When I'm tired and feel I can't go on, I think of my son and he would say "come on Mum, you can do it". After an intense support group I'm reminded of how important groups were to me when I first found TCF.

Meeting with newly bereaved parents for the first time, my heart goes out to them and I recall the way I felt when I first was able to speak with a compassionate friend.

Listening to a bereaved parent on the phone as they reach out for support to deal with this incredible loss and indescribable pain I know how important it is to have that pain validated and be understood.

Organising events and arranging fundraising projects, I remind myself that the events help by providing an amount of healing and fundraising is important to keep our work going.

An occasional "Thank you" from a bereaved parent is tremendously encouraging to me and the others who volunteer their time.

### **So why do we do what we do?**

We are trying to pay forward the support and understanding we received when it was desperately needed.

As bereaved parents we never forget the people who helped or the words that helped.

To honour our children who died too soon and because our love for our children is everlasting

To show that there is HOPE ; that we can survive this trauma, and eventually lead meaningful lives with some happy times again.

We do this for and with our children.

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

### I WISH FOR YOU.....

Comfort on difficult days,  
Smiles when sadness intrudes,  
Rainbows to follow the clouds,  
Laughter to kiss your lips  
Sunsets to warm your heart,  
Gentle hugs when spirits sag,  
Friendships to brighten your being,  
Beauty for your eyes to see  
Confidence for when you doubt,  
Faith so that you can believe,  
Courage to know yourself,  
Patience to accept the truth,  
And love to complete your life.



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**Remembered With Love**  
**March, April, May, 2024**

**Ryan ARCHER**

**27<sup>th</sup> May to 19<sup>th</sup> 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 "...pod in Peru, alone, aged 25 years". Mourned and missed forever, Dave and Mummy. xoxoxo

**Ivon Timothy BAKER**

**24<sup>th</sup> May to 2<sup>nd</sup> April**

Loving remembered always

**Christopher Glen BRIGHT**

**8<sup>th</sup> February to 20<sup>th</sup> March**

You have taken a large part of our hearts. We will miss you always.

**Andrew James DOY**

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

Son of Robert and Heather, brother of Jenny and Father of Caleb.

"Always in our thoughts and prayers; forever in our hearts; we miss you so much."

**Blake 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 xxx

**Cassy HILL**

**19<sup>th</sup> February to 12<sup>th</sup> March**

My Barbie Doll. Love Mum

**Cassy HILL**

**19<sup>th</sup> February to 9<sup>th</sup> 12<sup>th</sup> March**

Will be remembered with love always, sons Trae and Zeb daughter Angel husband Jason and brother John.

**Dale HILTON**

**3<sup>rd</sup> June to 7<sup>th</sup> March**

Always in our memories and forever in our hearts. Keep smiling and laughing.  
Love Mum and Hayden

**William (Bill) Joseph HUTT**

**12<sup>th</sup> March to 25<sup>th</sup> January**

Dearly beloved son of Barbara and Bill [dec'd].

Loved younger brother of Jayne, Tim, Sally, Jill and Terry [dec'd]. "He's just a thought away".

**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

**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

**Liam Marc O'KEEFE**

**born 28<sup>th</sup> May**

We loved your compassion, honesty, generosity, sense of humour, thoughtfulness, courage, and intelligence. You gave your best to everyone. You never once complained. You deserved so much better. Our despair is beyond words. Love always Mum, Dad, Angela, and Carly. Xoxoxo

**Ashley Daniel PARSONS**

**20<sup>TH</sup> March to 7<sup>th</sup> May**

**Damon Gregory PARSONS**

**7<sup>TH</sup> March to 12<sup>TH</sup> February**

*So many memories, never forgotten, my beautiful boys together, love always.*





**Remembered With Love**  
**March, April, May, 2024**

**Daniel Silvio PENCO**  
**Susan Linda PENCO**

Son and daughter of Danica and siblings of Tania.  
Always in our hearts, never forgotten, love Mama & Tania.

**16<sup>th</sup> March to 29<sup>th</sup> February**  
**25<sup>th</sup> November to 31<sup>st</sup> March**

**Jackson George PERRY-ELLIS**

Forever young. Loved son of Lorraine, Brother of Samara, Lewie, Harry & Tommy  
Baby grandson of Margot xxxxxxxx

**20<sup>th</sup> January to 5<sup>th</sup> May**



**Jamie PURSLOWE**

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

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

**Dean RADFORD**

Every day we think of you. Thank you for the wonderful memories we have of you. You made us so proud.  
Wish you were here. Love and miss you, Mum, Dad Lance & Danielle

**11<sup>th</sup> January to 16<sup>th</sup> May**

**Brooke Lyn RICHARDSON**

Miss you Brooke, You are my Sunshine.  
Love from you Mummum, Granddad and Western Australian Family.

**6<sup>th</sup> March to 4<sup>th</sup> December**

**Adam John ROBBINS**

So many years without our beautiful boy. The pain of losing you hasn't gone away. Love and miss you, Mum,  
Dad, Jade, and Lucy. xoxoxo

**19<sup>th</sup> December to 6<sup>th</sup> April**

**Geoffrey James STAFFORD**

Dearly loved son of 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

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

**Alistair STEWART**

Loved and remembered forever, Mum and Dad. Xoxoxo

**born 5<sup>th</sup> April**

**Mark Van EIJDHOVEN**

Our precious son, fiancée, brother and uncle. Not a day goes by that we do not think of you. Mum and Dad.  
Xoxoxo

**19<sup>th</sup> December to 12<sup>th</sup> April**

**Joseph Wale**

Joe, we miss you so much and wish the pain would ease. Families are forever, wherever we may be. Love  
Mum, Dad, Jane, and Tom. Xoxoxo

**born 15<sup>th</sup> May**

**Glen Alan WELLMAN**

I will always love you, miss you and hold you close to my heart. You were a wonderful son. Love Mum.  
Xoxoxo

**born 2<sup>ND</sup> May**

**Jonathan Charles WINDSOR**

Always in our hearts, never forgotten. Miss you so much beautiful boy—till we meet again. May your spirit  
rest in the peace that you didn't know in this life that passeth all understanding. Love you always. Mum,

**born 26<sup>th</sup> May**



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## 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 March  
4th April  
2nd May  
**Time:** 7pm—9pm  
**Where:** Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah  
(Opposite Peel Health Campus)  
**Contact:** The centre on 9535 7761



#### Bereaved by Suicide Group Mandurah

**When:** 15th March  
19th April  
17th May  
**Time:** 9.30 to 12.30 p.m.  
**Where:** Mandurah Lotteries House  
**Contact:** The centre on 9535 7761

#### Heathridge

**When:** 28 March  
25 April  
23 May  
**Time:** 7.30p.m. start  
**Where:** Spiers Centre, v Crnr Albatross & Poseidon Rd, Heathridge  
**Contact:** Anita on 0425 810 790

*Our last goodbye should be as  
beautiful, special and perfect  
as you are to me.*

*Our last good bye will remain  
inscribed upon my heart until  
the day I die.*

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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>HEATHRIDGE</b>	Anita	<b>0425 810 790</b>	<b>FATHERS</b>	Peter	0447 741 219
<b>MANDURAH</b>	Drop-In	9535 7761	<b>SUICIDE</b>	Margot	0427 777 810
<b>WAROONA</b>	John or Val	0417 956 066	<b>SUICIDE</b>	Russ	0417 945 568

**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.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>	
<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.

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## Other Useful Contacts

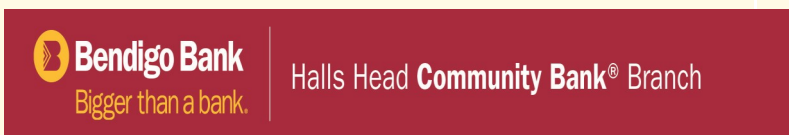
Alcohol & Drug Support Link		9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		9427 7100
Coroners Counselling Services		9425 5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Palmerston 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.

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