

# 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.au](http://www.tcfmandurah.com.au)

National Ph: 1300 064 068

E-mail:- [tcfmandurah@bigpond.com](mailto: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 this issue of the newsletter. During my recent visits to rural areas of our huge state I was reminded of how important services such as the newsletter and telephone support are. Often the newsletter is the only way to keep in touch, to know what's happening and what's coming up plus the other support we get from the items in the newsletter to which we can relate and help us on our own grief journey. The telephone support is also an important service. To be able to reach out when we need to speak to a person who understands is vital so I urge all to use that service as often as you need. The volunteer telephone supporters have willingly put their names and numbers on the list in this newsletter because they truly are happy to speak with you.

Most bereaved parents who contact TCF do so because they realise, like I did, that this situation is too huge to deal with alone. No matter how strong we are or how resourceful we are, we've not been in this place before and are not prepared to deal with such a trauma. Most then use the services they choose and find them of major help to get to the point where we have learnt how to live with our grief and lead fulfilling lives again. Sometimes what we see is bereaved parents trying to go it alone after a minimal amount of contact. We're all different and make our own choices but I've seen the difference and the struggle made by those who try to move on too soon. So a gentle reminder that our services are ongoing. You can attend a support group, no matter how much time has passed since you last attended. You can ring and request a one to one, or use the telephone friends. We volunteers and these services will always be there for you.

Speaking of volunteers reminds me that we are always in need of volunteers. If you are past two years in your grief journey we'll welcome you and we have a variety of roles needing to be filled. We provide training and always give back up and the resources needed. We don't pay you in a financial way but the return you get by honouring your child by paying it forward and helping others is immeasurable. The office roster with it's many admin tasks, the management committee, promotional activities to raise community awareness, fundraising, training as a telephone contact, group facilitator or home visitation—the list goes on. Just let us know if you'd be interested by ringing the office on 9535 7761.

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

I can look a newly bereaved parent in the eyes and say

“yes you can survive this. I did and you can too, but you don't have to try to do it on your own. We can help you to do so”.

In TCF we say “we need not walk alone”.

*Margot McAllister*



## Past Events

### ANNUAL WALK TO REMEMBER 2024

The weather was perfect for our 19<sup>th</sup> annual walk. Sixty people, including six children, attended in honour of precious loved ones. All were warmly welcomed, registered and given bottled water, name ribbons and hearts to carry on the walk. David Templeman, MLA Mandurah, and Lisa Munday, MLA Dawesville attended, and David graciously allowed Lisa to officially start the walk.

The piper David Sinclair from the Rockingham City pipe band led us from Dalrymple Park along the beautiful foreshore to the Mandurah Performing Arts Centre. Several walkers carried our two banners to tell people who we were and why we were walking. We paused at the MPAC to take photos, including a group photo on the steps.

Then we returned to enjoy a sausage sizzle prepared for us by volunteers from the **Lions Club of Mandurah**. We are grateful to the Lions Club for their support and to our other sponsors who helped make this walk so successful. These were the **City of Mandurah from where we received a grant which enabled us to purchase a new banner plus place advertisements in the local paper for three consecutive weeks**, the **Rotary Club of Mandurah Districts was a first time walk sponsor with a financial donation**, **Mayday Op Shops**, **Our Lady's Assumption Catholic Church**, **Halo Team** and **Soroptimists International of Mandurah for their donations**.

A huge thank you to our **TCF volunteers** who always pull together as a great team, to help events such as this go so well. The organizational work in advance and the work after the event all take lots of time and effort, so thanks to all involved.

This walk was the most successful financially to date and the grant for promotional purposes, has increased awareness of our services. This was evident with an immediate response from a bereaved parent to the first advertisement in the local paper. Finally, it achieved our main aim of providing some healing to those who attended with several commenting on how welcome they felt and how being together with others in a public space was a good feeling.

Next year we will be holding our 20<sup>th</sup> annual memorial walk. We hope to mark that special occasion in several ways. Mark the date – the second Sunday in March 2025- in your diaries. now.



*Yesterday, Today & Tomorrow*





## TFC OUTREACH

In the lead up to June, Margot and I have continued our Rural Outreach, visiting South Hedland, Broome, Kununurra, Albany and Serpentine-Jarrahdale! Our Community Engagement events give us an opportunity to connect with key community stakeholders and community members, informing them of our services, and Margot an opportunity to offer support to bereaved family members. Shared morning teas and lunches are continuing to offer an opportunity for informal connection with agency reps, some popping in for a chat if they've not been able to attend our event. These events have been a great source of local networking too which is wonderful to be a part of. Once again, we have been warmly welcomed in each regional community. While in each region, Margot and I take every opportunity to chat to the locals. They are always interested to hear all about why we're in town and are appreciative of what TCF offers. A police officer in Albany has passed on contact details for the WA Academy – we are hoping to present information to graduating recruits in the future. We continue to meet amazing community-minded people who express how invaluable the services offered by TCF are!



*Penny Madigan, Rural Outreach Project Officer.*

### **A Warm Welcome**

It's wonderful to be able to welcome several people who are keen to give of their time an experience to provide support to bereaved parents who reside in their areas. As we all know, it's so comforting to find precious support in our own locality, and to be able to have a hug from someone who actually understands what we are experiencing. It's with pleasure that I can say the following people are joining us; **Rebecca Caddy** in Esperance, **Roger Mansell** in Hopetoun, **Tracey Warena** in Kalgoorlie, **Dee Van Beek** in Karratha, and **Charmaine Grylls** in Jarrahdale.



The next step is to provide training and we're looking at an on-line training program plus a basic TCF Mandurah one to one in Mandurah and a training day of basic counselling. In addition we'll offer any training opportunities offered by similar agencies. Of course all back up, debriefing and resources will be provided by TCF Mandurah.

If anyone else, over 2 years in their own journey, wishes to be a TCF contact, please ring me on 0427 777 810. *Margot McAllister, mother of Kevin, Nana of Jackson*

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## COMING EVENTS

### Father's Day Lunch

FATHERS' DAY LUNCH Will be held on  
Saturday 31st August 2024 Commencing  
12 noon at

MANDURAH STEAK HOUSE

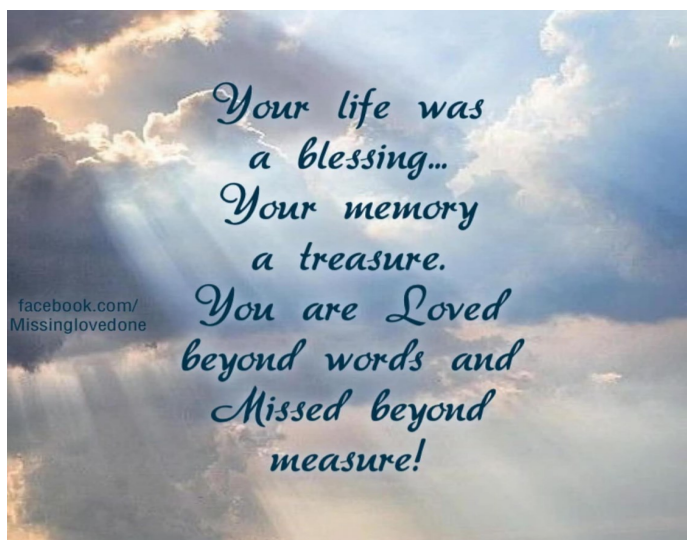
51 Pinjarra Road,  
Mandurah

Hosted by Gary Withers,  
President TCF Mandurah.

Invitations will be sent out.

RSVP by Fri 23rd August, 2024 on 9535  
7761

Or email [tcfmandurah@bigpond.com.au](mailto:tcfmandurah@bigpond.com.au)



**Monday 3rd June, 2024**

**Our office will be closed**

### 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)

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### 2024 Annual General Meeting

**Meeting Room:**

**Lotteries House 7 Anzac Place,**

**Mandurah**

You are warmly invited to attend our AGM which will commence at 11am, on

Thursday 26th September 2024, 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 ensure 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



## ARTICLES

### ***Hey Ryan!***

Dear Ryan,

I want to let you know how I am going on, following your untimely death so long ago. Your sudden loss forced me to experience the 'Valley' (Psalm 23: 4) more intensely than ever before in my life. I love you very much, and I yearn for your return, missing you, and watering your memory with many tears. However, within your own lifetime you exhorted us all to "*Enjoy Life!*" So I am turning this sorrow and sadness into helpful literature on loss, essentially my 'grief wisdom'.

I think you would approve.

So Ryan, I'll share with you my *three* goals. First, I want to celebrate the humour, curiosity, and bravery you demonstrated during your short life, and cultivate these qualities within myself. And my writing also maintains your sacred memory longer into the twenty-first century. Second, I am creating a book to comfort and guide other grieving parents, so transforming the pain that "Mummy" Glenda and I have suffered into constructive consolation for other mourners. Our hurt may morph into their hope. Third, though now fully retired, I still seek to strengthen the bereavement literature, contributing another West Aussie viewpoint towards our global understandings of grief. But this book is taking such a long time, so I am wishing for your support. Do contact me, or send a sign, if you can.

Wish Mummy, me, and my writing project well!

Oh Ryan, here at home we still so fondly remember you. We miss you heaps, forever! All I can do is produce grief tributes arising from our poignant recollections, always highlighting your admirable character, magnificent intelligence, and mischievous humour, and all contributing towards your everlasting honour.

(Twenty-five years old, UWA graduate and IT worker, enjoying his solo world tour, our Ryan drowned in Peru.)

### **Dr David Wiles, *step-dad of Ryan***



### ***Intro- ducing Hayden's Glow:    luminating The Path Through Grief***

Dear Friends,

In moments of grief, find solace in the soothing light of Hayden's Glow candles. Each meticulously crafted candle and diffuser is infused with love, offering not just light, but a tender embrace of warmth and understanding.

My journey with Hayden's Glow began from a place of profound loss, born out of my love for my son, Hayden. Through our products, I honor his memory and the journey of healing that follows, hoping to extend that comfort to others navigating their own grief.

Our candles come in a variety of comforting scents, carefully chosen to evoke cherished memories and create a sense of peace. From floral bouquets to uplifting citrus, there's a fragrance to suit every heart.

Illuminate cherished memories and celebrate the lives of your loved ones with Hayden's Glow. Let our products be your companion on the journey through grief.

Connect with us on Facebook and Instagram @haydensglow, or visit our website [www.haydensglow.com.au](http://www.haydensglow.com.au) for more information.

With love and remembrance,

**Sandy, Hayden's Mum**

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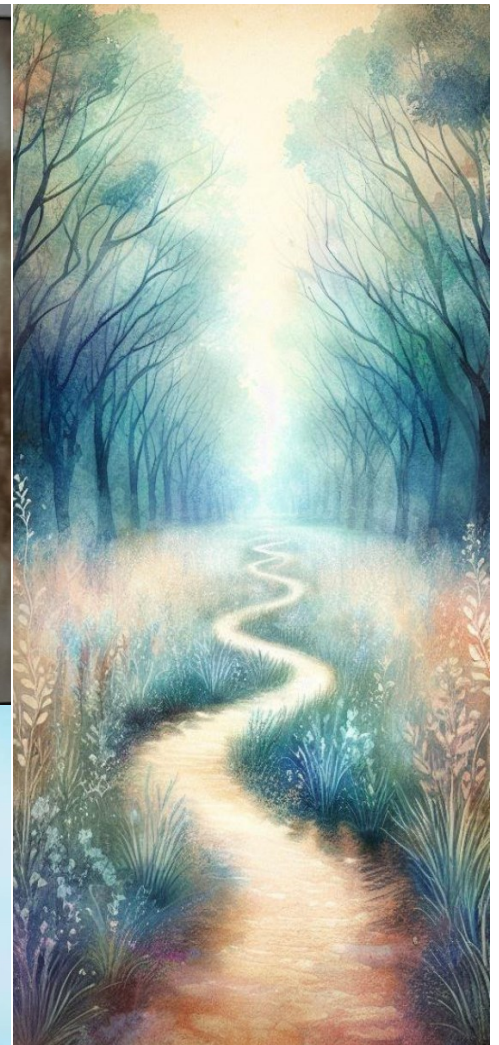


*Rain falls because the  
clouds can no longer  
handle the weight.  
Tears fall because the  
heart can no longer  
handle the pain.*

*You Are My Or*  
fb.com/YouAreMyOr

Grief is the reminder  
that love was present,  
and that even if it's  
no longer in its  
original form,  
that love still exists.

— MICHELLE MAROC



I think it's brave that you get up  
in the morning even if your soul is weary  
and your bones ache for a rest.

I think it's brave that you keep  
on living even if you don't know how to  
anymore.

I think it's brave that you push  
away the waves rolling in every day and  
you decide to fight yet again.

I know there are days when you  
feel like giving up, but I think it's brave  
that you never do.

- Lana Rafaela

Butterflies  
are the  
heaven  
sent kiss of  
Angels

## Grief speaks

Self care is about taking care of yourself. It can look like being kind and patient with yourself, setting boundaries with others, staying in this moment, not saying yes automatically, not pressuring yourself, having an exit plan when out with people, taking breaks often throughout the day even for a few minutes to breathe, getting good sleep and trying to eat and drink water, getting out in nature and walking, journaling, talking with a trusted friend, having a good cry, some alone time, having a mindfulness, yoga or meditation practice, not placing expectations on your grieving process, caring for your mental health, and so much more.  
Caring for ourselves in our grief is crucial.



### **Mother's Day Luncheon 10th May 2024**

Our annual Mother's Day lunch was held on Friday 10<sup>th</sup> May at Lotteries House. It was lovely to welcome new ladies and to meet up with so many familiar faces, mothers, sisters, siblings and grand-mas. Everyone received a ticket for the door prize and the winner gave the prize, beautiful flowers, to her sister. Such a caring gesture. lunch was only a \$5 donation. After the buffet and deserts, raffle tickets were drawn and everyone went home with a donated gift. Sincere thanks go to the volunteers for their hard work and to everyone who came along,

We particularly thank the **Mandurah branch of Soroptimists International** for the sponsorship of this lunch.

Getting together with other mothers at this time helps all to know that they are not alone in their loss.

*Tina Pearce, mother of Ian, TCF Office volunteer.*



### **TCF International News**

Our founder, Canon Simon Stephens O.B.E. who now resides in England, was in hospital recently after a stroke. He is now in a rehabilitation facility where he is recovering well.

A card was sent on behalf of TCF Australia and TCF Mandurah. Many of us spent time with Simon when he visited TCF Mandurah in 2015.

*Margot McAllister*

*TCF Australia International Rep.*

### **Containers for Change**

TCF Mandurah is registered for this 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**

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**Remembered With Love**  
**June, July, August 2024**

**Mitchell ALLOMES**

**passed 10<sup>th</sup> 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**

**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, aged 25 years". Mourned and missed forever, Dave and Mummy. Xoxoxo

**Adam Francis BORG**

**12<sup>th</sup> June to 28<sup>th</sup> 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**

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

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

**Jayden COCKS**

**8<sup>th</sup> December to 16<sup>th</sup> 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

**Katherine Charlotte DALY**

**25<sup>th</sup> September to 12<sup>th</sup> August**

*To know her was to love her, Mamma and brother Ben.  
Singing with the Angels. Love by Many*

**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 xxxx

**Ethan Gregory GIBLETT**

**15<sup>th</sup> July to 7<sup>th</sup> February**

The love you had for us is what helps through the days. Always in our hearts, thoughts and treasured memories. Mum, Kyle, Ashleigh & Tayla.

**Josh HARPER**

**passed 13<sup>th</sup> August**

Missing you Josh so very much. It has been 7 years on the 13<sup>th</sup> August that our world changed forever. Love always Mum xoxoxo





***Remembered With Love***  
***June, July, August, 2024***

***Dale Aaron 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

***Ruben John HODDY***

***9<sup>th</sup> June to 1<sup>st</sup> January***

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

***Ian Bernard HOROWITZ***

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

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

***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 31<sup>st</sup> July***

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

***Cameron Ian NICHOLSON***

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

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

Son of Margot, brother of Lorraine. Loved, remembered and missed forever.



***Jamie PURSLWE***

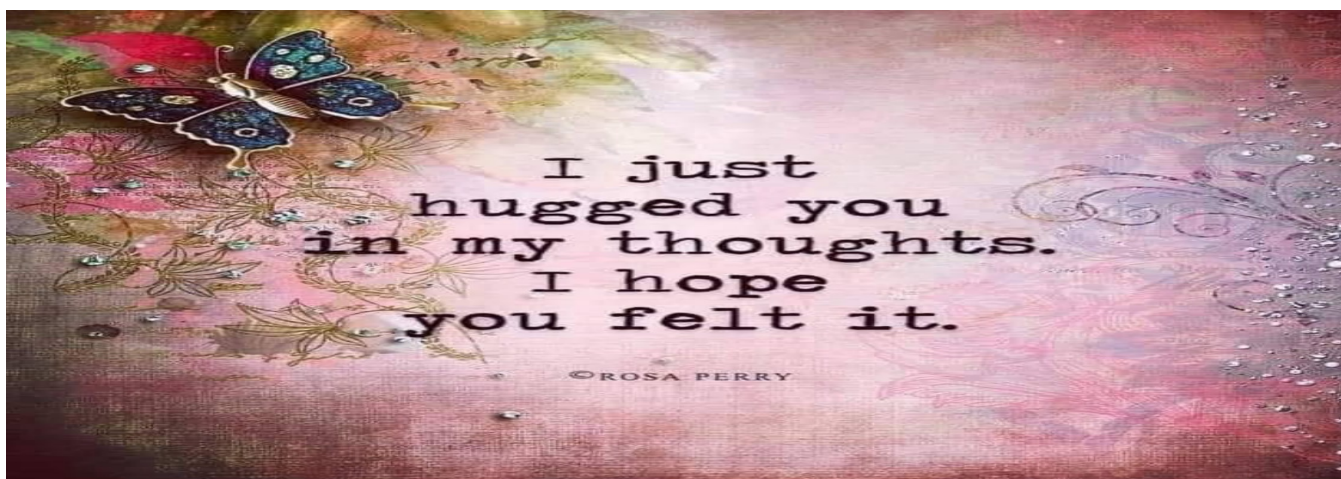
***10<sup>th</sup> August to 15<sup>th</sup> April***

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

***Aaron REYNOLDS***

***1<sup>st</sup> August***

We cannot believe it has been ten 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



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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:** 6th June  
4th July  
1st August  
**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:** 21st June  
19th July  
16th August  
**Dates:** Time: 9.30 to 12.30 p.m.  
**Where:** Mandurah Lotteries House  
**Contact:** The centre on 9535 7761

#### Evening Support Group Heathridge

**When:** 27 June  
25 July  
22 August  
**Time:** 7.30pm  
**Where:** Spiers Centre, Cnr Albatross & Poseidon Rd, Heathridge  
**Contact:** Anita on 0416 740 636



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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>	Sharon	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	0416 740 636	<b>FATHERS</b>	Peter	0447 741 219
			<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	<b>MISCARRIAGE/STILLBIRTH/INFANT</b>		
			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.compassionatefriendsvictoria.org.au">www.compassionatefriendsvictoria.org.au</a>
<b>UNITED KINGDOM</b>	(08) 451 20 37 85	<a href="http://www.tcf.org.uk">www.tcf.org.uk</a>
<b>UNITED STATES OF AMERICA</b>		<a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a>
<b>SOUTH AFRICA</b>		<a href="http://www.compassionatefriends.org.za">www.compassionatefriends.org.za</a>
<b>SWITZERLAND</b>		<a href="http://www.verin-regenbogen.ch">www.verin-regenbogen.ch</a>
<b>CANADA</b>		<a href="http://www.tcfcanada.net/">www.tcfcanada.net/</a>

### Some Internet Resources

<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

### TCF Mandurah Sponsors 2024



Halls Head Community Bank® Branch

### Parkland Villas Mandurah



Our Lady's Assumption Church



a global voice  
for women

Soroptimist International

