

# 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

The focus of this issue of the newsletter is our annual “Walk to Remember” which takes place in March and Mothers Day in May. The volunteers have been busy organizing the walk which is our 20th. What a wonderful achievement for a group of volunteers who give so much of themselves in honour of their child or children. We’re now finalizing publicity and following up with sponsors, these agencies, the City of Mandurah and the service clubs who support the work we’re doing. As a non-funded charity our funds are always low at this time of year and we need their help so very much. Have a look at page three which gives you all the information about the 2025 memorial walk.

The Mandurah branch of Soroptimists International have again come forward to sponsor our annual Mothers Day lunch. This is such a special occasion and so necessary for us, the mothers and grandmothers to gather together at that time. For those mothers who have recently made contact with us let me say this—you are changing. Life will never be the same but you are learning how to live with a broken heart. It is possible. I promise you that there will come a time when you’ll be able to smile again and have happy moments. The family will change, there might be grandchildren and great grandchildren who bring back much that we thought lost. You’ll learn to truly cherish the happy times spent with family and the compassion that lives in you will come to the fore. You’ll be able to understand and care for others in deeper more genuine ways than before because of this experience.

To the mothers who have been long bereaved I say well done you, for only you know the long journey you’ve made & are still on. You’ve found that you can do what you thought was impossible—live. Even if sometimes you just had to take one step and take one breathe at a time. You are so precious and remember that you will ALWAYS be the mother of your child.

*Margot McAllister*

*Mother of Kevin, Nana of Jackson*

## Hope

It is the gift of hope which reigns supreme in the attributes of The Compassionate Friends.

Hope that not all is lost. Hope that life can still be worth living and meaningful.

Hope that the pain of loss will become less acute and above all else,  
the hope that we do not walk alone, that we are understood.

The gift of hope is the greatest gift that we can give to those who mourn.

*Reverend Canon Simon Stephens, TCF Founder*

**If you need help, we are here for you. TCF Mandurah has a range of grief support services and resources available for bereaved parents, grandparents and siblings.  
We offer understanding, friendship, compassion and hope.**

## PAST EVENTS

### **CANDLELIGHT MEMORIAL SERVICE**

Our lovely service was held at the Salvation Army Church in Lakes Road. The readings chosen were beautiful. It was an honour to host the TCF Vic, President, Kevin Purvis and wife Jenny who were on a visit to W.A. Kevin read the Credo for us.

Thanks to all the volunteers for the great teamwork on the night and to Peter & Judy Bright for meeting with the ministers of the Salvation Army and preparing the overheads & lovely music.



### ***International children's memorial day—Flowers on the water***

This year we held the event at Rotary Park, Palm Beach in Rockingham on 2nd February.

We had a wonderful morning and the weather was lovely. There were 10 of us. Tina donated some lovely yellow roses and chrysanthemums for us to lay on the water.

We had 2 readings as we all stood in a circle. We then laid the flowers (in memory of our loved ones) on the water—also for some people who could not make the day.

Morning tea was lovely with scones, jam and cream, fruit, yoghurt, fruit juice and 2 delicious slices. All donated by those who attended the event.

We then sat down and shared our thoughts.

*Carolyn Lee, TCF Vice President*

*Mother of Christopher*

*Yesterday, Today & Tomorrow*

### **Volunteer News**

We're pleased to welcome **Lorraine Beckett** to our office roster. Her training has started and with her skills and experience we're happy have her with us.

**Lara Hall** has come on board to use her skills in promoting TCF. More publicity and networking is needed to let bereaved families know that our support is available.

### **Volunteer Training**

We will be conducting training for volunteers who are interested in group facilitation and telephone support before end of June. Please advise if you wish to be involved—bereaved parents, grandparents and siblings who are beyond two years in their own grief journey are eligible.

### **Events Team**

We need several people to volunteer their time to hold displays as we've done in the past. If we have a team of 4 or 5 people there could be two in the morning and two in the afternoon to run displays in major shopping centres.

These are very effective at distributing our information and many bereaved parents have made contact with TCF via displays. Please contact me if you are interested.

Margot McAllister, P.R. Manager

0427 777 810 or [mmcallister7@westnet.com.au](mailto:mmcallister7@westnet.com.au)

*Mother of Kevin, Nana of Jackson*

“The purpose of human life is to  
Serve and show compassion  
and the will to help others”.

*Albert Schweitzer*



## COMING EVENTS

### 2025 “ A Walk to Remember”

9 March 2025

### Our 20<sup>th</sup> Annual Walk



Many bereaved families have had our support over the years but there are others who do not even know that TCF is here and so try to struggle through the horrific grief alone.

The memorial walk has three purposes.

To provide a beautiful memorial event

To raise funds to provide our services

To increase community awareness of TCF and the services we provide.

If we have lots of walkers and lots of publicity, we will achieve our aims and bereaved families of the future will know we are here for them. Friends and relatives are welcome to attend.

The walk flyers with pledge forms will be sent out to you. Please register to attend so that we can cater for you with the Mandurah Lions Club sausage sizzle and with our bottled water.

The walk starts at 10am. We walk behind our piper Dave Sinclair, from Dalrymple Park, along the lovely foreshore to the MPAC. We stop there to take photographs etc. then return to socialize over the sausage sizzle.

We carry hearts and plant them in our heart shape on return.

We welcome anyone who is grieving the loss of any loved one and feel free to bring friends with you.

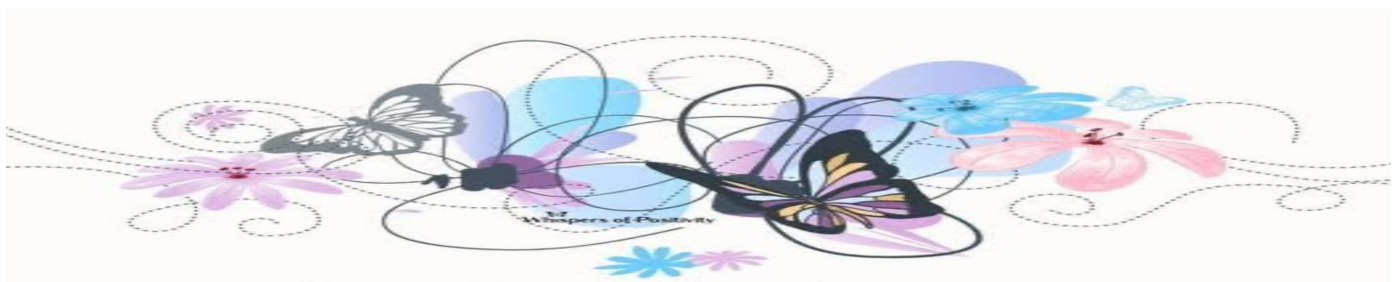
### Can't attend the walk?

We know that not everyone can participate in this event. Perhaps you can help to raise funds by making a donation, all over \$2 are tax deductible. If you wish to have your child's name included, then for a small donation the name can be written on a blue or pink ribbon and worn during the walk.

### Remember

From our TCF Mandurah base we provide free grief support services to families throughout this huge state of W.A. Our work has been recognized by awards but is not funded so we need your help to continue.

To register please contact the office on 9535 7761 or email [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)



*Yesterday, Today & Tomorrow*



## NOTICES

### TCF Membership Reminder

Annual Membership is now due.

The fee is now \$35 (\$60 for a couple) 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.

As a non-funded charity we value your support.

### Australia Day Awards Mandurah

It was an honour to be nominated for an Australia Day Seniors Award.

There were nine nominees and the main award was given to Sue Edge who has Parkinsons and has worked hard for those with the condition.

This was the last Award Ceremony to have Mandurah MLA David Templeman act as MC. In recognition of the 34 occasions in which he has performed that role, he was presented with a painting of one of the "Giants"

Margot McAllister, P.R. Manager

*Mother of Kevin, Nana of Jackson*



*Yesterday, Today & Tomorrow*

### Mothers Day Lunch

**Friday 9 May**

**11.45 for 12 noon start Sponsored by "Seroptimists International Mandurah"**

We warmly invite bereaved Mums, Granma's and Siblings to our annual lunch as per the above. To be held in the main meeting room at Lotteries House, ANZAC Place Mandurah. Entry is \$10 and you will be served a delicious buffet lunch and desserts. We will hold a raffle of donated items, tickets are \$2 each or 3 for \$5. Invitations will be mailed out prior to the date. RSVP 9535 7761. A Volunteer will at the front door from 11.30 am.

If you are coming for the first time, please bring a friend or family member if needed for support. The lunch gives us all the opportunity to meet and make friends, sharing and caring for each other. We look forward to a rewarding time together.

*Tina, Mother of Ian*

*TCF Office volunteer and Committee member*



"Mother's hold their children's hands for a short while but their hearts forever"

### MERREDIN SUPPORT GROUP

We are pleased to advise that Merredin are holding their first support group meeting on the first Wednesday of the month commencing 5th February.

Location: Formerly known as Atkinson next to the Post Office, 82 Barrack St, Merredin. 7-9pm.

All bereaved parents, siblings and grandparents are welcome.

Contact Anne; 0429 440 307

**TCF Mandurah office will be closed for the Easter break 18th—21 April.**

**Also closed Friday 25th April for Anzac Day.**

**Should you need to speak to someone please leave a message on 9535 7761 and we will return your call or phone:**

**Tina: 0408 917 297 or Margot: 0427 777 810**

## David Templeman A great supporter

As David Templeman resigns from politics, from his position of State Minister for Arts & Sports and as Mandurah MLA we need to acknowledge the support he has given to TCF Mandurah.

He was present at our official launch in February 2002. In March 2006 we held our first "Walk to Remember" and not only did he officially start the walk but he walked with us. This year we hold our 20th walk and David has only missed three walks in that time. He attended our 10th and then our 20th anniversary events, the launch of the DVD which we produced and the award ceremonies when TCF Mandurah won the award for Community group for the year 2002 and the year 2022. During these years he provided glowing references whenever we needed letters of support for funding applications and has always been supportive of our work in any way he could. Thank you David and we wish you well in the future.

"A Walk to Remember"

"10th Anniversary of TCF Mandurah"

"Peel ALCOA award 2022"



## Ian and Antarctica

So, last night I landed on my seventh continent -- Antarctica. The cruise/expedition leader told us "we could walk to the South Pole from that spot, but we'd miss breakfast".  
My sixth continent -- South America -- I also acquired on this trip.

On the zodiac ride over from the ship, I was ruminating on how Ian had been with Pam and I for the other five continents. If he were still alive, I am 100% certain Ian would have come along, and also bagged his 6th and 7th also.  
Bad trigger.

As I landed, I burst into tears -- as only bereaved family members can grasp fully.

### Ian SHOULD HAVE BEEN THERE.

I just hung around the landing site dealing with that for nearly a half hour. I talked with a lovely Kiwi grandma-type lady from the expedition staff, and she offered a sympathetic ear. I even imagined seeing Ian in his trademark gingham-checked shorts and blue t-shirt sitting on a rock like the Gentoo penguin (red striped beak) in the attached photo. Was it a hallucination? Was it me imagining what a hallucination would be like? Damned if I know.

Afterwards, I did start to move around the site a bit. Two of the people from the landing group were a mother and son -- from Santa Cruz, CA, I believe. (My sister Susy: "he's cute, but 15 years too young" ;-)) I started to chat, and it turned out that her husband of many decades (his dad) had died this last September. He was along to help his mother out with the physical demands of the trip. I offered my deep sympathy and told them the brief version of Ian's story. Then I asked if I could hug them. There we were, the 3 of us, standing on Antarctica, in the freezing cold, eyes brimming with tears, just hugging and aching for things to have turned out differently.

Triggers/activations are everywhere, folks, but we all know the drill by now.

One foot in front of the other.

One day at a time.

Breathe.

Send along your loved ones' names, if you want me to read them out loud on Antarctica. I should have thought of that much, much earlier. Think of it as a virtual slip/slide/skid-to-remember.

Be well my friends.

Frank Horowitz

**Editors Note:** In reply to this email, some of us did send our childrens names to Frank. How wonderful to know that he was calling out our child's name across the snow & ice of Antarctica—so close to the South Pole  
Thank you Frank.

## POEMS AND ARTICLES



**Sometimes**, the hardest part of healing is letting go of the idea that you need to be strong all the time.

Real healing happens when you allow yourself to feel, to break, and to rebuild at your own pace.

VISHAKHA JAIN



It's a heartbreaking reality to grasp, that the world kept spinning, carrying on in its chaotic rhythm as if your loss didn't shake it's core.

People went to work, laughed at the same jokes, and celebrated birthdays, while you were left to wrestle with the silence that followed your loss. It feels almost cruel, like a betrayal of everything you held dear.

The truth that life doesn't pause for grief is hard to accept—how can everything look the same when your whole world has changed?

That disconnect cuts deep, leaving you feeling like you are standing in a place where time forgot to care.

*Author unknown*

### Peel Grief Support

Often the death of a child is followed in later years by the death of a spouse or other loved one.

Peel Grief Support operates in a similar way to TCF and provides free services to any person who is grieving the death of any loved one.

This is a useful extra support group held on the second Thursday of each month.

Contact Mark on 0439800 857

Or check [facebook.com/peelgs](https://facebook.com/peelgs)

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*Facebook/missinglovedone*

Someone I love has gone away  
And life is not the same  
The greatest gift that you can give  
Is just to speak their name.

I need to hear the stories  
And the tales of days gone past.  
I need for you to understand  
These memories must last.

We cannot make more memories  
Since they're no longer here.  
So when you speak of them to me  
It's music to my ears!

### Containers for Change

You can turn your containers into donations to help TCF. Even a few dollars will be appreciated. So next time you take your containers would you please use our code which is

**C10351091**

Thank you





## POEMS AND ARTICLES

Did you see that butterfly, the one that's just flown by?

Yes, well that was me, I was just trying to say Hi.

The robin in the garden, yes of course that was me too,  
I just wanted you to notice that I'm still right here with you.

The feather that you found, the white one on the floor,  
Yes, that was me just giving you the sign I know you've been looking for.  
Because I will never, ever leave you, even though heaven feels quite far.  
No matter where you go in life, I'll always be wherever you are.

Our song that comes on the radio, a feather, a bird, a butterfly,  
Remember that is a sign from me whenever you question why.

Even when you feel alone, know you're not, I am here.

You carry our love within every single tear.

So please know that I am with you, I wish I could take away your pain,  
But the love we shared is always around and it will always remain.

@markmywords.x



# **Remembered With Love**

## **March, April & May 2025**

### **Ryan ARCHER**

Left us 19<sup>th</sup> August. Learning about life and love and friendship, enjoying his world trip. He died in a thermal pool in Peru, alone, aged twenty-five years. Mourned and missed forever, Dave and Mummy. xoxo

**27<sup>th</sup> May to 19<sup>th</sup> August**

### **Ivon Timothy BAKER**

Loving remembered always

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

### **Christopher Glen BRIGHT**

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

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

### **Andrew James DOY**

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.”

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

### **Blake Joshua EVANS**

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

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

### **Mark GALLAGHER**

Forever missed, forever loved.

**3<sup>RD</sup> May to 31 Jan**

### **Cassy HILL**

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

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



### **Dale HILTON**

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

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

### **William (Bill) Joseph HUTT**

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”.

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

### **Martin Andrew McKEICH**

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

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

### **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. Son of Lorraine, grandson of Margot xx

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





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# ***Remembered With Love***

## ***March, April, & May 2025***

### ***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 (dec) & 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***

### ***Mark Van EIJNDHOVEN***

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***

Our wonderful first-born child and loving big brother, you taught us much in your short life and have left a huge vacuum in our daily lives. You have left us with pain we wish no one ever has to live with. Love you always, Mum, Dad, Jane and Tom. You will live within us forever.

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

I know that you are struggling.  
Now that I am not around.  
I am everywhere you go.  
I am the voice without a sound.  
I am every step you walk.  
I am every twinkling light.  
Meet me in a memory.  
I am there both day and night.  
I am the feather at your feet.  
The wind that blows your hair.  
I am the whispers kiss.  
I am always there.  
I am the robin in the tree.  
I am tomorrow's butterfly.  
But one thing I'll always be  
is your angel in the sky.

Poem by Joanne Boyle 



I will ALWAYS keep  
talking about you.  
You deserve to be  
Remembered!

## Library

We have a substantial library of resources at our Mandurah Drop in Centre, offering excellent **books, magazines, tapes, CDs, etc.** on grief issues associated with the death of a child/ren and siblings. All library resources are available for loan by our members. Access to the library is available by visiting the Drop in Centre. In return, we need our members to be vigilant and return these items back to the Drop in Centre so other TCF members are able to avail themselves of this useful service.



## Support groups

### Evening Support Group Mandurah

**When:** 6th March, 3rd April, 1st May, 2025

**Time:** 7pm—9pm

**where:** Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah  
(Opposite Peel Health Campus)

**Contact:** The centre on 08 9535 7761

### Bereaved by Suicide Group Mandurah

**When:** 21st March, April TBA, 16th May

**Time:** 10am -12pm

**Where:** Mandurah Lotteries House

**Contact:** The centre on 08 9535 7761

### Merredin Support Group

**When** 5 March, 2 April, 7 May

**Time;** 7pm—9p.m.

**Where;** 82 Barrack St, Merredin

**Contact;** Anne , 0429 440 307

### Coffee mornings/afternoons

**Arranged as needed in Rockingham/ Bunbury/ Perth Metro**

**Please contact the office if you are willing to host an informal coffee morning.**

**Full support is provided**

### 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.

Pease contact us on:-  
tcfmandurah@bigpond.com

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### Unsubscribe

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



## Telephone Friends - The Compassionate Friends

**Please call a telephone friend whenever you need to talk "We need not walk alone"**

<b>WAROONA</b>	John or Val	0417 956 066			
<b>KARRATHA</b>	Dee	0409 806 890			
<b>MERREDIN</b>	Anne	0429 440 307	<b>GRANDPARENTS</b>	Margot	0427 777 810
<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>ESPERANCE</b>	Rebecca	0427 715 136	<b>SUICIDE</b>	Margot	0427 777 810
<b>BRIDGETOWN</b>	Christine	0409 882 639	<b>MANDURAH</b>	Drop-In	08 9535 7761
<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>

### 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.



## 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 2025



Our Ladys Assumption



a global voice  
for women

Soroptimist  International

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