



## 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 helpline: 1300 064 068

E-mail:- [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)

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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 our newsletter and a special welcome to those who are reading it for the first time. We are so very sorry for what has happened to you, but it's good that you have found The Compassionate Friends or TCF as we refer to our organization of bereaved parents. TCF currently operates in 34 countries and it is so widespread because of the need. No one understands the pain or the many issues related to us when a child dies better than another bereaved parents. Although we are each different and our families very different, we all share a common bond. Professional support can be very good and necessary for some. For others it may never be needed and sometimes the combination of both is the most appropriate and helpful. Just search out and use whatever you as an individual need to assist in this journey you are now on.

In this issue we have items on suicide, grandparents and siblings grief. These have some different aspects and common areas. More than one-third of our membership are bereaved by suicide, hence the need for a specific support group. Unfortunately when a child had died by suicide, there is often a lack of sympathy shown to the parents along with many outdated and incorrect assumptions. We know that suicide can occur in even the most loving of families and that mental health problems are still not addressed as they should be.

Grandparents and siblings are often placed in supportive roles with the death of a grandchild or sibling. Their grief is put aside often or dealt with privately whilst they give support to the bereaved parents. Their relationships with the child are unique as is each persons. The bereaved sibling is sometimes the only remaining child thus becoming a "sole" child and this is a new role for them. They contend with "survivors" guilt as does the grandparent who feels that they should have died before the grandchild.

We have some excellent books in our library dealing with these issues and more. Our library resources are free to borrow so I encourage you to visit if you can and have a look at what's there. A selection of books are taken to support groups and are also free to borrow. Use whatever services you need from TCF, if groups are not for you we can sometimes have one to ones, if that isn't an option we have a list of telephone friends at the back of the newsletter. Please don't hesitate to make use of the telephone service. Just don't be alone. We are normal men and women, not supermen or superwomen and when a child dies we need to reach out to others.

In TCF we say "we need not walk alone".

Margot McAllister

*Mother of Kevin, Nana of Jackson*



**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.**

*Yesterday, Today & Tomorrow*

## **PAST EVENTS**

### **The 20th ANNUAL WALK TO REMEMBER 2025**

We had perfect weather for our 20th annual walk. 54 people gathered at Dalrymple Park and after registering, handing in our donations, writing our loved ones names on ribbons to wear on our shirts, writing a personal message on the hearts which we carried with us and making sure all had a bottle of chilled water, we lined up behind our piper Dave Sinclair.

He played the bagpipes as he led us under the bridge and along the foreshore to the Mandurah Performing Arts Centre. We stopped there to take some photographs and allow Dave to have a few minutes rest and then we walked back to the park. The sound of the pipes certainly got the attention of those we passed. Our banner was carried by proud children and we gave out A5 size pages of information about TCF to some people we passed.

The volunteers of the Mandurah Lions Club had a sausage sizzle ready for our return and we enjoyed them as we socialised. We planted our hearts and the raffle was drawn to the delight of three winners.

The walk was financially successful, raising much needed funds. This was thanks to our sponsors and to walk participants who gathered donations. We raised awareness of our services in the community with the advertisements on radio and local newspapers and at our event. Most importantly, we provided a meaningful memorial event which allowed us to honour our children who died too soon and to come together in understanding and comfort.

### **Our grateful thanks to the sponsors of this walk**

**The City of Mandurah, Our Lady's Assumption Church,  
Mayday Op Shops, Peel Rotary community volunteers,  
Halo Team Inc., Soroptimists International Mandurah,  
Lions Club of Mandurah**



President Gary Withers  
Welcomes the walkers



Lions Club members  
Prepare the sausage sizzle



Main organizer Margot  
With Frank Horowitz  
And Pam Smith



Some of the hearts with  
personal messages.



The volunteers were kept  
busy



Dave Sinclair getting ready  
to walk back to the park.

*Yesterday, Today & Tomorrow*

## PAST EVENTS

### Mothers Day Luncheon

This was such a lovely event. Twenty-five guests enjoyed the company, the meal and the atmosphere. It was good to welcome those who attended time for the first time and those from the Perth metropolitan area. The raffle table was covered by a variety of quality raffle prizes. We were pleased to have Liz Butson with us as she was representing the Mandurah branch of Soroptimists International. This is the wonderful club which sponsors the annual lunch for us. Lara Hall won the door prize, several renewed their membership and we had a couple volunteer to assist with displays which promote our TCF services. Thanks to Tina Pearce & the other volunteers for a great event.



### Nedlands Coffee Morning

The first coffee morning in Nedlands was held on Thursday 24 April. Hosted by Charles Merriam. Gary Withers, TCF President attended this one. The morning went so well that it will now become a regular event. Those bereaved parents who attended were grateful to have an informal group in the metropolitan area once again. Thank you Charles.

It is our hope to soon establish similar mornings in the Hills area, northern suburbs and Kelmscott.

### Merredin News

Volunteers manned a display at the Merredin Agriculture Show on Saturday 29 March. They gave out literature and information about TCF grief support, raising awareness of our services and fundraising with the sale of TCF butterfly badges & notebooks.

It's so important to raise community awareness. Well done to Anne Mottershead, Tracey O'Donnell, Kerry Brown & Neville Middleton for giving their time to do this.



### Volunteer update

**Emily Pinnell** has retired from TCF after many years. Emily recently celebrated her 90th birthday but then became ill and decided to take it easy. A founding member of TCF Mandurah, Emily has been a committee member and served on the office roster since 2002. A huge thank you Emily for all you have done for our chapter.

**Peter Watson**, our funding officer, was successful in obtaining a grant from PEACH of ALCOA which will enable the purchase of a printer/copier plus other items. The plan is to print our newsletter and pamphlets, thus saving costs. Now we need to have several training sessions from our supplier at Whitcroft I.T. Well done Peter.

**Lara Hall** is our promotions volunteer and needs several volunteers who are prepared to man displays at shopping centres and wherever we can. It's so important to raise community awareness of our free grief support services for bereaved families who are struggling on their own. You can help in this task by ringing the office on 08 9535 7761 and offering your assistance. Lara would do all the organising and it's a pleasant duty to be involved in.



## COMING EVENTS

### Father's Day Lunch

**FATHERS' DAY LUNCH** will be held on

Saturday 7th September, 2025

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 Monday 1st September, 2025

on 9535 7761

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

### **Thank you Storn**

We met Storn Petterson at a Suicide prevention conference in the Pan Pacific Hotel, Perth. TCF Mandurah was fortunate to have a display table and every piece of our literature was eagerly taken by the participants from various Suicide Prevention agencies.

For over a decade, Storn has been engaged in raising suicide awareness by attending rural events such as agricultural shows with his trailer of information. The names of many who had lost their lives to suicide (including my sons name) were on his trailer. He always rang our office to replenish his stock of our literature including newsletters, and the DVD which we produced for grieving siblings.

Recently his charity had to dissolve due to lack of volunteers and the funds in the agency's bank account were deposited into our account as per regulations. We appreciate this and thank him.

I know that he will continue with the work which he is so passionate about and when he gets out and about again we'll be happy to work with him once more.

We need more people like Storn Peterson in our community.

*Margot McAllister, mother of Kevin*

*Yesterday, Today & Tomorrow*

### 2025 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

**Friday 26th September 2025**, 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*

*Mother of Ian*



**WA DAY—MONDAY 2ND JUNE, 2025**

**TCF Mandurah office will be closed.**

**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**

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## **Suicide**

Suicide is **NOT a sin** and **NOT a crime**. For many years now society, including the churches and legal system, has acknowledged these facts. Therefore the use of the phrase “Commit or Committed Suicide” is not applicable. The phrase does not make sense, is a lazy, ignorant term and the use of it only adds to the stigma and pain of those who have lost a loved one to suicide. No one has the right to add to the grief of anyone else. Currently in Australia, 9 people die by suicide every day. Research proves that for each death 133 people are affected, 10 of these in a huge way lifelong.

There are many factors which contribute to a suicide. Each individual is different, and whilst there can be a final trigger or “perfect storm” leading to the death, the only common conditions which appear present, seem to be a mental health condition of some type and a loss of self esteem. Just as a person with a broken leg is unable to run, so to a person with a broken or fractured mind is unable to make logical decisions. That is why it is not correct to say that someone has chosen to end their life.

Each year there are State and National Plans to prevent suicide with huge amounts of money directed and spent on the compilation of these plans—however— the rate of suicide continues to climb and can occur in the most loving and supportive of families.

### **Meanwhile very few funds and attention is directed to postvention services.**

Bereaved parents, other relatives and close friends of those who have died by suicide are at high risk of dying by suicide themselves due to the complicated ramifications of the grief.

Appropriate support is vital to save lives and to assist in a healthy grieving process. The Compassionate Friends range of services which are provided by those who have survived this grief have been proven effective over the years, but are not funded.

Whilst professional counselling can be helpful for some, the combination of the clinical approach and the understanding and experience of TCF self-help can work well together for maximum benefit.

© 23/04/2025 Margot McAllister

*Bereaved by suicide support group facilitator*

*Mother of Kevin, Nana of Jackson*



### **SUICIDE IN MEMORIAM BOOK**

There is a book in a glass case in St Georges Cathedral, Perth, which contains names of some who have died by suicide.

Each day the page is turned to show those who died on that date. If you wish to include the name of your loved one you can contact

[info@perthcathedral.org](mailto:info@perthcathedral.org)

### **A Very Private War**

Deep was his pain, it cut him to the core.

I didn't know he was fighting  
that strong internal war.

The battle in his mind  
was more than he could stand.  
He would not share his trouble,  
he was a very private man.

It wore him down.

We could not see.

Till he took the life of his own worst enemy.

*Kathi, Poetry Board 2005.*

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## **Poems & Articles**

### ***To Bereaved Grandparents,***

I am powerlessness. I am helplessness. I am frustration.

I sit here with her and I cry with her. She cries for her daughter and I cry for mine. I can't help her. I can't reach inside and take her broken heart. I must watch her suffer day after day and see her desolation.

I listen to her tell me over and over how she misses Emily, how she wants her back. I can't bring Emily back for her. I can't buy her an even better Emily than she had, like I could buy her an even better toy when she was a child.

I can't kiss the hurt and make it go away. I can't even kiss a small part of it away. There's no band aid large enough to cover her bleeding heart.

There was a time I could listen to her talk about a fickle boyfriend and tell her it would be okay, and know in my heart that in two weeks she wouldn't even think of him. Can I tell her it'll be okay in two years when I know it will never be okay, that she will carry this pain of "what might have been" in her deepest heart for the rest of her life?

I see this young women, my child, who was once carefree and fun-loving and bubbling with life, slumped in a chair with her eyes full of agony. Where is my power now? Where is my mother's bag of tricks that will make it all better?

Why can't I join her in the aloneness of her grief. As tight as my arms wrap around her, I can't reach that aloneness.

Where are the magic words that will give her comfort? What chapter in Dr. Spock tells me how to do this? He has told me everything else I've needed to know. Where are the answers? I should have them. I'm the Mother!

What can I give her to make her better? A cold wet wash cloth will ease the swelling of her crying eyes, but it won't stop the reason for her tears. What treat will bring joy back to her? What prize will bring that "happy child" smile back again?

I know that someday she'll find happiness again, that her life will have meaning again. I can hold out for hope for her someday, but what about now?

I can give her my love and my prayers and my care and my concern. I could give her my life, but even that won't help.

*Margaret Gerner, TCF St Louis, USA*

*(a bereaved parent , and now sadly, the bereaved grandmother of Emily)*

### **For Lorraine, my child, bereaved sibling & bereaved mother**

As grandparents who are also bereaved parents, we can only stand back and wait to give hugs when they are wanted, to listen when our child needs to express their feelings, to hold them while they cry. We know, from our own experience, that there is nothing we can do to lessen their pain, to shorten their grief journey, for it is one they must make as individuals. Knowing the pathways that they must take, the intensity of pain that they will encounter, but knowing also that as their parents we can't prevent that incredible hurt—that is what brings us to the deep understanding of the words that Margaret Gerner uses

"Powerlessness, Helplessness and frustration". We can only love.

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

Little hugs can dry big tears,  
Little candles can light the darkness,  
Little memories can last for years,  
It's the little things in life that bring  
the greatest happiness.

*Yesterday, Today & Tomorrow*



## **NOTICES**

### **TCF Membership Reminder**

Annual Membership Fee is now **\$35 for singles and \$60 for couples** 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. Please state your Surname and send in your membership form.

***Thank you for your support***

### **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



### **Peel Grief Support**

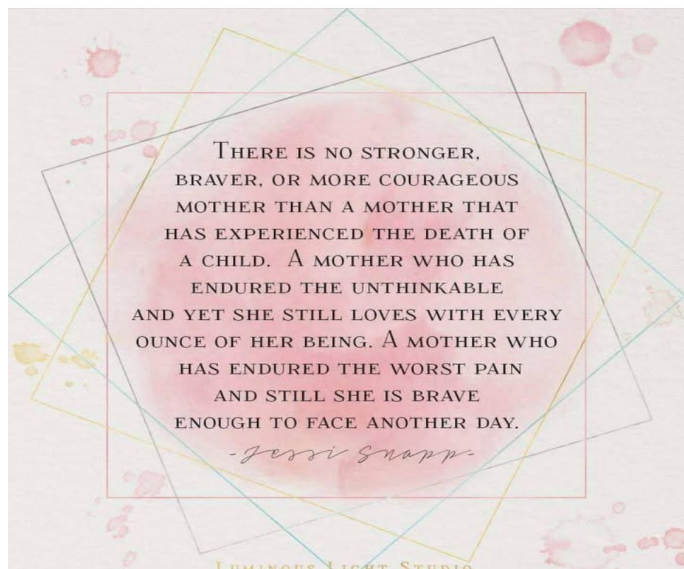
Often the death of a child is followed in later years by the death of a spouse or other loved one.

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



### **To a Sister we Never Knew**

Tania Maree Oleszkiewicz

Born 23.9.69—Died 25.1.70

Tania, we knew we had a sister, but we never got to know you, because you were killed in a car accident by a drunk driver. But let us say this....you are, and always will be, our little Angel up in Heaven.

We look up at the night sky and see the brightest star and know it is you. You are not only our sister, but also the Aunty to our children. We know you will take care of us.

Can we please ask you to look after our children, Hayden, Tenielle, Lashee and Jacinta. We know you will do this because Mum & Dad said that is what our Angel in Heaven will do.

You are always in our hearts and our thoughts.

Love now & always, your sisters,

*Katrina & Cirena.*

*TCFQ 2000 Newsletter*



### **SUICIDE IN MEMORIAM BOOK**

Please pass on your loved ones name direct to:

info@perthcathedral.org

38 St George's Terrace, Perth WA 6000



# ***Remembered With Love***

## ***June, July, August, 2025***

### ***Ryan ARCHER***

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

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

### ***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

### ***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.

### ***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

### ***Josh HARPER***

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

Missing you Josh so very much. It has been 8 years on the 13<sup>th</sup> August that our world changed forever. Love always Mum xoxoxo

### ***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 oxxx

### ***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

### ***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.



---

# ***Remembered With Love***

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***Kevin John PERRY***

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

Forever loved and missed. Son of Margot & brother of Lorraine



***Jamie PURSLOWE***

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

Son of Craig. 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 nine years since we last saw you. Our beautiful Aaron who had such a beautiful soul. They say that time heals everything. Time has done nothing, we still miss you every day. Love Mum, Dad, and Troy. Xoxoxo

***Geoffrey James STAFFORD***

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

Dearly loved son Rosemary.

My little blue eyed blonde angel in heaven with Nana.

The years have rolled by, but I miss you each and every day. Love Mum xxx

***Michel Jerry SWEITZER***

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

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

***Henry Taylor junr***

***9 July to 25 sep***

Jr—always loved & never forgotten

***Kris Ronald WITHERS***

***22<sup>nd</sup> January to 21<sup>st</sup> August***

Remembered Forever

***Sagitte YOM-TOV***

***14<sup>th</sup> June to 23<sup>rd</sup> January***

Our Dear Sagitty. You will always be in our hearts. We were lucky to have you being part of our lives, with your modesty, beauty, friendliness, artwork, and wisdom.

Loved

Always

And

Forever



## 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:** 5th June, 3rd July, 7th August  
**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:** 20th June, 18th July, 20th August  
**Time:** 10am –12pm  
**Where:** Mandurah Lotteries House  
**Contact:** The centre on 08 9535 7761

### Merredin Support Group

**When** 4th June, 2nd July, 6th August  
**Time;** 7pm—9p.m.  
**Where;** 82 Barrack St, Merredin  
**Contact;** Anne , 0429 440 307

### Nedlands Coffee Morning

**When** 26 June, 24 July, 28 august  
**Time** 10a.m—12noon  
**Where** 77 Melvista Avenue, Nedlands  
**Contact** Thee centre on 08 9535 7761

**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

*Yesterday, Today & Tomorrow*

### 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 Mark	0439 800 857
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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*Yesterday, Today & Tomorrow*