

Yesterday, Today & Tomorrow



The Compassionate Friends Mandurah Chapter
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Mandurah 6210

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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

Loneliness and alienation are feelings that can surround us when our child has died. Together with the shock which sets in quickly, the instinctual denial, helplessness and pain, we can feel as if we've suddenly stepped off this world onto an alien planet. Everyone seems to be going about their business but our world, our reality, has altered, shattered in the most devastating way.

We can be surrounded by family and friends, in our homes or at the funeral, yet still feel isolated, apart from everyone. I know these words will resonate with you, the bereaved parents who are reading this. When we first make contact with other bereaved parents there is an immediate connection. I see the relief in the parents who have their first one on one and understand when they say with an immediately relaxed posture "oh you do know what I'm talking about".

It's that understanding that can only come from we who share that common bond that makes what we do work and that makes friends of those bereaved parents we meet anywhere in the world. These friendships are precious because they're built on so much which is meaningful to us. Our hearts are aching and so are theirs.

I recently attended the USA National TCF Conference in Seattle. There I had the pleasure of meeting up with several TCF members that I'd met at some of the International TCF Gatherings. Until Covid we had International Gatherings every four years. I attended five of these and on return from one I would immediately start saving to attend the next.

Whilst in Seattle I spoke with several people on various boards etc and am now hoping that we can look forward to another International gathering in two years. There is so much love, understanding, sharing and learning at these events and if possible I would urge you to attend. Think of the togetherness that you gain from attending a support group or an event such as our walk to remember or going to the annual weekend retreat and multiply that.

Wherever you travel, be sure to seek out the local TCF and you'll find instant friends. Remember our saying

We Need Not Walk Alone

New Facebook Page



Thank you Priya for setting up our new page.
Find us at **[The Compassionate Friends Mandurah Inc. \(W.A.\)](#)**

Please like and feel free to contribute with your comments.



**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

Thanks

We are grateful to those who donated funds to us recently. 6 June, I attended **Murphys Irish Pub** and was presented with a cheque for over \$1400. Thank you for choosing TCF as the recipient for the charity donation.

The "**Friends of the Peel Health Campus**" gave us a very welcome donation of \$2000. We give our pamphlets to the maternity ward and chapel plus of course we've provided services to those referred by Peel Mental Health & will continue to do so.

A volunteer from the campus also volunteers with the **Lions Club of Falcon** and presented our case to the club which resulted in a donation of \$1000.

What a welcome surprise that was.

One of our TCF members is also a member of **CWA Bedfordale** and the membership decided to give us a donation of \$500 towards our work. Thank you.

The President of the **Catenians** chose to donate to our organization \$500 plus. This group has donated to TCF previously so we thank them for the ongoing support.



Margot accepts the cheque from outgoing Catenian President Colin Purcell.

Our new Promotions volunteer, Lara Hall is doing well and organized a one month promotion event at the **Halls Head Branch of the Bendigo Bank**. Running for the month of June, our butterfly badges were displayed on the counter with information of TCF grief support services. Lots of badges were sold and the bank employees were impressed by the stories of the customers. These stories prompted by the display. **Thank you Lara and thanks to Jenny Hammington of the Halls Head Bendigo Bank.**



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Wesley suicide memorial event

Wendy and I attended this event held at the Perth Convention Centre in May. We were present as peer supporters and were kept busy with people wishing to speak with us.

Sunflowers were given to us which we laid at the foot of a board with our messages and photos of our loved ones.



Volunteer update

Our latest volunteer is Judith Owens. We needed someone to cover the office on Fridays and Judith has now started. We will benefit from her skills and experience. Welcome to the team Judith

Volunteer thank you event

Six TCF volunteers were able to enjoy a lunch and entertainment at the Mandurah Performing Arts Centre on 20 May. The MPAC volunteers applied for the funding and provided everything for volunteers from ten community agencies.

This is always a great opportunity for networking so thank you MPAC.

TCF Volunteer training

Vol training was conducted on two days with the first part on 12 June and the final session on Friday 25 July. This went very well with enthusiastic volunteers now ready to provide telephone support and group facilitation. A Federal funding grant was obtained to enable this training which means so much to the continuation of the provision of TCF services in this state.

Volunteers required

Volunteers are needed to assist with future displays and other promotional events. You do not need to be a bereaved parents to man a display at a shopping centre. We usually have a one day raffle on these display and it can be a very enjoyable duty. If anyone is interested in helping out a couple of times a year please contact the office on 08 9535 7761 and leave a message for Lara Hall. She'll be pleased to hear from you.

Merredin update

The Compassionate Friends Merredin held its first Mothers Day fundraising event on 18th May. 75 ladies gathered at the Merredin Club for a light luncheon.

The event aimed to bring awareness of TCF to the local community, the wheatbelt and surrounding areas. TCF services, support and resources which are available in the event of the loss of a child were promoted.

On the day we introduced Lorna Hardy, a local author, and her new book "Journey to "Joy". Lorna kindly donated \$5 from the sale of each book, to TCF. Guest speaker Lynda Cornish, shared the story of her son Eathen Stirrat. Together they founded "Hurt to Help". This organization raises funds to help sick and terminally ill children and their families.

We would like to acknowledge the 70 major sponsors for their generous donations, as well as receiving 33 donations as prizes to raffle on the day. We raised over \$20,000.

We thank the Merredin Club for the use of their venue and the catering on the day. A big thank you also to our amazing volunteers who worked so well together on the day. All the hard work and contributions made for an enjoyable and successful day.

We look forward to next years event.

Anne Mottershead

Mother of Trent

Merredin



Sponsors for Merredin Mothers Day

Atkinson Group (Brad & Lidy) Afgri Equipment Merredin Australia Post Merredin Avery Building (Shaun & Jess) Bailey Heidi Artist Bruno's Mechanical Solutions (Bruno & Rachel) BSS Agspray (Brad & Marci) Byfields Merredin CBH Merredin CJ & KP Brown Earthworks Cocky's Ag (Jasmine) Comfort Style Newtons Courke Family CRT	Julie Nicoletti Kate's Tan & Body Lachlan Hunter, National Party Lash Out (Taylor) Law Gael Artist Leon Baker Jewellers Merredin Liberty Rural Merredin Livestock & Land (Rex Luers) Local Pest Control (Dion & Leah) McIntosh & Son McKenzie Family Funerals (Mark & Toni) Merredin Auto Electrics (Tony) Merredin Squash & Fitness Merredin Flowers & Gifts (Toni & Peter)	Ron Batemans & Co Sage & the Goddess Spreadit D & A Mottershead Summit T & B Construction (Brid & Tom) Terosa Farm The Cutting Room (Lisa) Thrive West (Troy & Lisa) Tompkin Engineering Tones By Nicole Tony Maddox Real Estate Merredin Trans Plus (Derek) Wheatbelt Coffee Time (Brad) Wheatbelt Equipment Wheatbelt Prestige Designs (Di)
CS Pool Care & Maintenance (Rob) Di Last Dimensions Cafe (Cynthia) Elders Insurance Merredin (Jimmy) Elders Real Estate Fine Arts Society Merredin Go Mad (Mike & Donna) Great Eastern Freightlines (Josh & Hannah) Great Southern Fuel Supplies Gum Tree Motel (Steve & Sandy) Hutton & Northey IGA Merredin Jess Spring (Artist) Jimmy's Chinese Palace	Merredin Freightlines Merredin Panel & Paint Merredin Pharmacy Merredin Pizza (Rena) Merredin Plaza & Oasis (Lisa & Camilla) Merredin Steel Supplies (Nick & Monica) Middleton Business Advisers (Neville & Tracy) Millie Murfit Nexta Newsagent Merredin (Shaun & Ju) O'Neill Electrics Merredin (Gary & Vicki)	Wheatbelt Uniforms, Signs & Safety (Kylie) Wild Poppy Cafe (Hayley) Will Morris Nutrient Harcourts

Yesterday, Today & Tomorrow

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



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, mother of Ian

Secretary

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NANGA RETREAT

Retreat Friday 31st October, Saturday 1st November, Sunday 2nd November, 2025.

Not long now—only 2 months to go to the Retreat. Have you signed up yet?

It is a wonderful weekend where we get off the wheel of life and stay at Nanga Bush Camp.—among the kookaburras and kangaroos.

We arrive Friday and usually bring a plate to share. This year we are having a BBQ. Please bring a salad.

Breakfast, morning tea, lunch, afternoon tea and dinner will be supplied. (Saturday & Sunday)

On Saturday we have workshops and therapists for pampering. Please bring a photo of your loved ones to display. This is a chance to remember the children we have lost—no matter how long ago. We can laugh or cry and know that we have all felt the same way.

There are chalets to share and you will need to bring your own bedding, towels and a torch.

Please let us know any dietary requirements. You may arrive from 5pm onwards, registration is at 6pm.

Please register your interest at the office on 08 9535 7761

2025 Candlelight Memorial Service

The annual Candlelight Memorial Service to honor the lives of our children, grandchildren, sisters and brothers who have died too soon will be held on the Sunday 13 December 2025 Please arrive at 6.30pm for a 7pm start.

The venue this year will be the lovely Church of the Way, 58 Steerforth Drive, Coodanup. Our service will be led by Rev. Jacqui Chesley-Ingle

This is a very special service that is conducted world-wide where candles are lit in sequence around the world. It is a moving service and all are welcome.

Please feel free to bring a plate of food for a shared supper afterwards and a small framed photo of your loved one. If you have a special poem or reading that you would like to present, please contact me.

Margot McAllister,

P.R. Manager

Mother of Kevin, nana of Jackson



Untitled Poem

The easter moon has surrendered the sky
to the rain heavy clouds of winter
and all the tourists have gone home.
A lone Heron accompanied me on the beach this
morning, nodding its obstinate head as I walked by,
as if to acknowledge that we had both missed the
migration.

The falling tide swept yesterday away, but delivered
some new treasures.
I found a red and white fishing float tangled in its line,
and a spiral shell, like the one you found.
I could hear the ocean inside it, just as you said
and the memory of that day returned to me.

I welcome the long shadows and the cold air.
When I'm alone I feel closer to you,
I'm only lonely in crowds.
Craig Purslowe *Father of Jamie*

This Father's Day

May you feel loved and cherished,
through the loss you heavily,
and courageously carry

For every Father,
who holds a child in his heart,
And every child,
who deeply misses their Dad.

May this day be one of soft courage.
I hope today you feel loved, I hope you are
joined in remembering, by all those around you.

Our Changing Seasons of Grief

It is a cold, cloudy morning in August, and the death anniversary day of our departed Ryan. Only twenty-five, he drowned long ago in faraway Peru. Our missing and yearning never end. They say as we endure the pain of grief through time, eventually we meet up again with our own unending love, underpinning all that sorrow, longing, and sadness. They say in the good bereavement books, that on some future day our psychological balances shall shift, from remembering through pain to recalling mostly with love. Ultimately, it seems, our love predominates. Love triumphs, though we may find our grief taking rather a long and tedious time, working towards and waiting for that promised emotional realignment.

And so my dear wife Glenda and I emerge from our domestic privacy, into our suburban Perth front yard. Let's check the letterbox. There it is! In a dear little envelope, we just know inside we shall find a message of fellow understanding, of love and help and hope. To our surprise and joy, we *also* find a tiny white bud beginning to form on the dark green hedge adjoining our letterbox. It is the very first flower of the season, bringing the promise of prolific white blossoms attracting the buzzing bees of Spring. Okay, we get it, a sign that new life returns, and even some enthusiasm, despite the dreary dark of Winter past. Thank you, dearest Ryan!

In the envelope we find our encouraging card, hand-written, even hand-crafted. We rejoice at this kindly TCF recognition, acknowledging our Ryan existed, with wise words witnessing our loss. The normal workaday world whizzes on oblivious around us in all its frantic endeavours, seemingly so dismissive and quite uncaring, yet we two feel united in common humanity with our compassionate friends. Profoundly aware of human vulnerability, they care and understand, brave enough to share their love with us sad, distant strangers.

Dr David Wiles, *step-dad of Ryan*

Can I have an easier question?

One question that instills horror and paralysis into the heart of any grieving parent is, “How many children do you have?” It seems such an innocent question to many, bandied about in general conversation and one that we ourselves would have asked countless times, but everything is different now and I don’t know about you but I want an easier question. I had thought about how I would answer that for the first time after Stuart died, I had it all sorted in my mind, how it would happen, what I would say.....but the reality was far from my imaginings.

One night I got something in my eye, it wouldn’t budge. With eyes streaming and one eye half shut I had to go to the local hospital for after hour’s treatment. I had been there only 3 weeks previous, in the very same room, when my son was taken there initially after his accident. I remembered everything but I was stoical, I was coping. But then, the nurse, whilst ‘fixing’ my eye said, “How many children do you have?” Instantly my eyes welled up with tears and I became totally speechless. This was the first time anyone had asked me that since Stuart died and I couldn’t respond, no words would come out and I was totally overwhelmed with the impact the question had on my very being.

It’s happened so many times since then and now I have a bit of a repertoire up my sleeve. Circumstances dictate what I will say, whether I play it safe and say “I have 3 children” or whether I tell the whole story and elaborate. It all depends on who’s asking, the relationship I have with them and the social situation I am in. It also depends on how I feel emotionally. Sometimes I don’t have the inner strength to go into details, to add that little bit more, so I keep it brief for my own sake. That’s just how it is. But for me, its always 3, I have 3 children, always have and always will have.

Maureen Hunter, Mother of Stuart

TCF Mandurah

In English we say:
“I’ll be fine eventually.”



In poetry we say:
“No timeline. No pressure.
Just healing at the timing
my heart can handle.”

lettersofannawin

Yesterday, Today & Tomorrow

***When your beautiful
Heart stopped beating,
My heart broke in two.
Knowing that here on
earth, there won’t be
another quite like you...
My beautiful, one of a
Kind child, you’re a part
Of me, today and always...
Author unknown***

There are times that I feel
as though my heart is healing.
I start to smile again.
I can even talk about my child
without crying.
Then out of nowhere, something
as simple as a song will
break me and all the tears
start flowing.

Grieving Moms Forever


Bendigo Bank Raffle

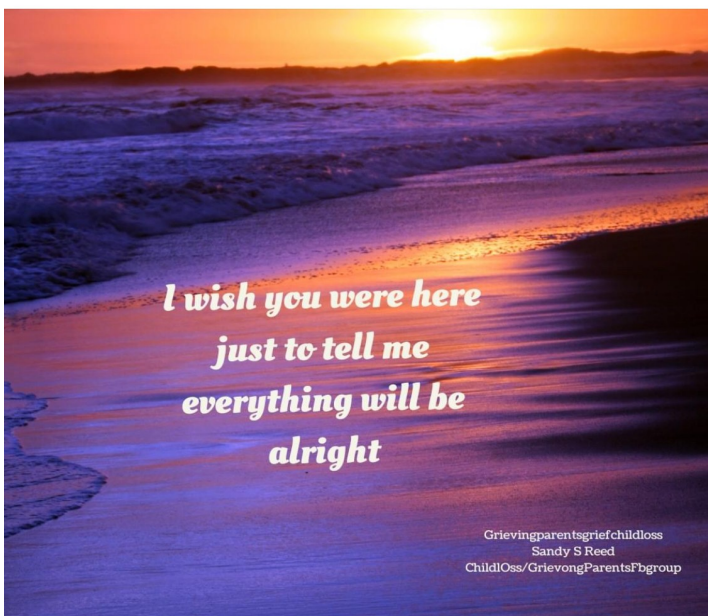
If you can sell some raffle tickets to help raise funds please contact the office on 08 9535 7761. Ten x \$5.00 tickets to each book and we receive dollar for dollar for all that we sell. Great prizes of Bendigo bank accounts.



In memory of those
who left us too soon. We
remember you in the morning,
in the night, when we look
at the stars, a song, a place,
a smell... You're always
with us.

PHOTO BY
M. L. L.

 Sometimes the person you need to talk to the most is no longer here. And I find myself reaching out into the silence looking for reassurance, hoping for a profound affirmation from you that everything will, in time, be alright. It is a wish that lingers in my heart, always
Grieving Parents



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

Book of Signs

I am still collecting stories from bereaved parents and other about signs that they have received from their loved ones.

The aim is to produce an anthology of these anecdotes which often provide us with the reassurance that our child is okay.

If you would like to share an experience please send it to me with the permission to include it in the book. The only facts I include re the author is for example "bereaved parent, retired nurse" so your identity is protected.

Margot McAllister 0427 777 810

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

Remembered With Love

September, October, November, 2025

Vincent Lee BLAGDEN

15th November to 15th November

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

Alayna BROCX

13th March to 25th November

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

Robert Neil BURTT

born 16th October

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

Vivian CHANDLER

11th October to 14th June

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

Marcel CARACCILO

born 14th November

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

Manu CLARK-WATTS

24th October – 11th February

Manu – of the birds – fly free

Katharine Charlotte DALY

25th September to 12th August

To know her was to love her, Mamma and brother Ben. Singing with the Angels. Loved by many.

Andrew James DOY

1st March to 13th November

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

Always in our thoughts and prayers, forever in our hearts. We miss you so much.

Robert John GALLAGHER

2nd February to 27th November

Dearly loved son of Margaret & Ned loved brother of Leesa. Death leaves a heartache no one can heal; love leaves a memory no one can steal. Forever in our hearts. XX

Ellie Lorraine HOPE

19th September to 19th September

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

Ian Bernard HOROWITZ

15th October to 11th August

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

Tara Helene KINGSTON

born 4th October

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

Christopher LEE

10th February to 21st September

Son of Carolyn and Dave, brother of Jessica.

Our special Supernova who burned brightly, but whose circle of life was too short. Xxx

McKenzie Jean McGUIGAN

18th November to 29th July

Daughter of Valerie. My darling girl, another agonizing year without you. I miss you so much my Angel. Your infectious laughter no longer surrounds my home. Love and hugs, Mum.

Remembered With Love

September, October, November, 2025

Martin Andrew McKEICH

27th November to 19th 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

Trent MOTTERSHEAD

17TH October to 17th December

In loving memory of our son and brother, Trent. Always busy, so full of love and life, sharing and caring for others. Creating memories that we now treasure. As hard as it was lose you, it has given us the opportunity to change and make the most of our own lives. Thank you, Trent for showing us that life is worth fighting for. You lived like there was no tomorrow. Love Mum, Dad & Luke

Jemma Louise O'BRIEN

13th October to 17th May

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

Narelle PAGE

31st December to 10th September

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

Susan Linda PENCO

25th November to 31st March

Always in our hearts, never forgotten. Love Mama and Tania

Kevin John PERRY

18th November to 13th July

Son of Margot, brother of Lorraine and Uncle of Samara, Lewis, Harry & Tommy. Loved, remembered and missed forever.

Troy Ashley PRIDDIS

25th October

Forever in my heart Darling Son – Troy xoxo Love you to eternity, from Krystle (sister) xo Unforgettable memories you leave behind to your big circle of friends

Craig William PUSTKUCHEN

7TH February – 21ST September

Loved and remembered every day.

Michel Jerry SWEITZER

30th June to 13th November

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

Byron Daniel TARR

4th January to 18th November

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

Henry Taylor Jnr

9th July to 25th September

Jr – always loved and never forgotten.

Joseph WALE

15th May to 27th September

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.

Grief is hanging on to love, that's why you always feel it.

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: first Thursday of each month

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: Third Friday of each month

Time: 10am -12 noon

Where: Mandurah Lotteries House

Contact: TCF Office on 08 9535 7761

Merredin Support Group

When First Wednesday of each month

Time; 7pm—9p.m.

Where; 82 Barrack St, Merredin

Contact; Anne - 0429 440 307

Nedlands Coffee Morning

When Fourth Thursday of each month

Time Time: 10a.m—12noon

Where 77 Melvista Avenue, Nedlands

Contact TCF Office 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

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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"

WAROONA	John or Val	0417 956 066	NORTH OF PERTH:	Priya	0431 465 223
KARRATHA	Dee	0409 806 890	ARMADALE:	Cathy	0418 923 735
MERREDIN	Anne	0429 440 307	GRANDPARENTS	Margot	0427 777 810
GOLDFIELDS	Lorraine	0497 687 201	FATHERS	Gary	0414 491 524
			FATHERS	Peter	0447 741 219
ESPERANCE	Rebecca	0427 715 136	SUICIDE	Margot	0427 777 810
BRIDGETOWN	Christine	0409 882 639	MANDURAH	Drop-In	08 9535 7761

TCF Interstate and Overseas Contacts

	<u>Telephone</u>	<u>Web Site</u>
ACT/QUEANBEYAN	(02) 6286 6134	www.thecompassionatefriends.org.au/ACT.htm
NEW SOUTH WALES	(02) 9290 2355	www.thecompassionatefriendsnsw.org.au
NORTHERN TERRITORY	(08) 8927 1320	
QUEENSLAND	(07) 3254 2657	www.compassionatefriendsqld.org.au/
SOUTH AUSTRALIA	(08) 8351 0344	www.compassionatefriendssa.org.au
TASMANIA	(03) 6261 4250	
VICTORIA	(03) 9888 4944	www.compassiontefriendsvictoria.org.au
UNITED KINGDOM	(08) 451 20 37 85	www.tcf.org.uk
UNITED STATES OF AMERICA		www.compassionatefriends.org
SOUTH AFRICA		www.compassionatefriends.org.za
SWITZERLAND		www.verin-regenbogen.ch

Some Internet Resources

<u>www.dougy.org</u>	National centre for grieving children & families; a non-profit resource
<u>www.grieflossrecovery.com</u>	Poems, articles, memoirs, memorials, links - professional site
<u>www.silentgrief.com</u>	For those who have suffered a miscarriage and later child loss
<u>www.bereavement-poems-articles.com</u>	
<u>www.menslines.org.au</u>	Phone: 1300 78 99 78
<u>www.kidshelp.com.au</u>	Web & email counselling
<u>www.beyondblue.org.au</u>	National depression initiative
<u>www.parentsofsuicide-aunz.com</u>	Suicide grief support internet community
<u>www.mesotheliomaweb.org</u>	Resource information & support
<u>www.gonetoosoon.org</u>	A forum for questions, answers and support from others with similar loss.
<u>www.recover-from-grief.com</u>	
<u>www.gratefulness.org/light-a-candle/</u>	Light a virtual candle and/or leave a message.

Other Useful Contacts

Alcohol & Drug Support Link		08 9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		08 9427 7100
Coroners Counselling Services		08 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	08 9581 4010
Peel Grief Support	grief support services after the death of any loved one Mark	0439 800 857
Peel Community Legal Services		08 9581 4511
Relationships Australia	7 Cooper Street	08 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	08 9550 0900
SOLACEWA-Loss of Spouse	Sandra or www.solacegriefsupport.org.au	0488 991 084
Victim Support Services	Rockingham	08 9527 7699
Victim Support Services	Mandurah	08 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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