



Friendship and Support
The Compassionate Friends
SOUTH AUSTRALIA

*OFFERING FRIENDSHIP & SUPPORT BETWEEN BEREAVED
PARENTS, GRANDPARENTS & SIBLINGS*



National Grief Support Line

Free Call – 1300 064 068

The Compassionate Friends South Australia - 0456 820 133

www.compassionatefriendssa.org.au





A NEW YEAR

SO, WHAT DOES A NEW YEAR MEAN?

In simplistic terms when life was uncomplicated by grief it meant starting over, a clean slate, making resolutions to clean up our act. Some of us like the feeling of getting a fresh start and forgetting the past. We like believing that, during this next year, things will be better. But when we are grieving, our tendency is to stand at the threshold of a new year looking back rather than forward. We fear that to walk through that door into a new year means leaving our lost loved one behind. To move on seems like an act of betrayal of or abandonment of the one we love. There may also be a fear of forgetting, or maybe a fear of letting go. We experience a contradiction: we want to feel better, but at what cost? Remember, January 1st is just another day. It has no meaning or power except the meaning we choose to give to it. Acknowledging our special needs as grieving persons, we can choose to make softer resolutions for the new year- resolutions that can still be challenging, yet are not unrealistic. Why not frame your New Year's resolution in terms of hope for a gentler year; for gaining control of your emotions, for better understanding of the grief process and what we can learn about ourselves as we journey through it? Why not resolve to enter into a future that can be good, even though it lacks all that we might desire, and offers a hope that we will be at peace with sorrow and enjoy life even though we grieve. We know we are not the only ones who grieve, though sometimes we have felt all alone. And still we survive, even though at times we questioned if the struggle was worth it. We have tasted the bitterness of loss but have not allowed it to destroy us. And together we will rise out of the ashes of grief and say YES to life. None of us can do it alone. We need each other to lean on and celebrate our newness. Our hope for those in the throes of fresh grief is that someday your days will again bring you more joy, more music, more laughter, more gratitude, more friends, more surprises, more memories.

by Pat Schwiebert-Tearsoup

TCFSA – 2025 Year in Review and Looking Ahead

As we begin our New Year, we take a moment to pause and to reflect on the year that has been and to thank our members, volunteers, and supporters for walking alongside us. Throughout 2024–2025, **The Compassionate Friends South Australia (TCFSA)** has continued to provide peer support, connection, and understanding to bereaved families across the state. Our focus has remained firmly on compassion, listening, and ensuring that no grieving parent or family feels alone.

Over the past 12 months, our dedicated volunteers have contributed an average of **25 hours per month**, supporting phone calls, meetings, events, administration, and community engagement. We are deeply grateful for the care, time, and heart given so generously.

Membership & Community

This year, we welcomed several new bereaved families through referrals from the Coroner's Office, hospitals, community networks, and self-referrals. Each new connection reminds us why this work matters.

Following our AGM in November, our committee for the 2025–2026 term was confirmed. We thank all committee members for stepping forward to serve and acknowledge those who stepped down during the year for their valuable contributions and care.

Support & Activities

During the year, TCFSA:

- Responded to **50+ support phone calls** and multiple enquiries
- Provided ongoing support through **monthly meetings**
- Hosted meaningful events including the **Mother's Day Luncheon** and **Father's Day Golf Day**
- Continued statewide awareness through pamphlet distribution and community outreach
- Prepared for and delivered our annual **Candlelight Vigil** and Christmas activities

These moments of connection—large and small—are at the heart of what we do.

Looking Ahead to 2026

We are encouraged by the **strong interest from regional members for a Zoom-based support group**. Creating an additional online space for connection will be a **priority for TCFSA in 2026** — so please watch this space.

If you would like to be included or notified when this Zoom support group commences, please email: tcf-sainc@outlook.com and let us know, so we can add your name to the list. We also look forward to continuing our work on workshops, fundraising activities, and strengthening our systems to better support families in the year ahead.

With Gratitude

As the New Year begins, we acknowledge how difficult this season can be for many in our community. Please know that you are remembered, you are not alone, and TCFSA is here. Thank you for your trust, your presence, and your courage. We look forward to walking together into 2026 with compassion, understanding, and hope.

The TCFSA Committee





FROM THE EDITOR

Wishing you and all the newsletter readers comfort and peace in the New Year. As we step into the New Year we honour the memories of our precious children. May their love and legacy continue to guide us through the year ahead. Wishing you strength and hope, surrounded by the love of those who understand our journey.

One step at a time, with hope and love in our hearts bringing peace and healing.

I want to take a moment to acknowledge the significance of this time of year for myself. January 1st holds a bittersweet meaning for me, as it marks the birthday of my beloved son, Courtney. I reflect on the past, find strength in the present and embrace the hope and possibilities that lie ahead for me even in the midst of my grief.

As editor of this newsletter, I am not alone in my experience. I have walked the path of grief and loss, and I have found solace in the stories and shared experiences of others. It is my hope that this newsletter will provide a similar sense of community and support for its readers.

I welcome articles, stories, poems, artwork, or any other creative expressions that resonate with our support group and community.

I would love to hear from you – Warm Regards, Helen Baczynski



THIS IS YOUR NEWSLETTER



Please send to: tcfsainc@outlook.com –*ATTENTION: HELEN

* Dates for submission of articles for the upcoming Newsletters 2026 are:

15th December for the January - March Newsletter

15th March for the April - June Newsletter

15th June for the July - Sept Newsletter

15th September for the October– Dec Newsletter

**Important: Please ensure that all articles, poems, quotes you wish published, acknowledge and identify the author - or say 'author unknown' if you are not sure. Any submissions to the newsletter are reproduced in good faith and do not intentionally contravene copyright laws.*



Dear Members and Friends

Thank you all for joining us at the TCFSA Christmas Candle Lighting Event held on 13th December 2025 at the Eastwood Community Centre to remember our precious children who are no longer with us. The gentle glow of the candles and the quiet presence of each of you brought a sense of comfort and shared remembrance that we will carry forward. Sincere gratitude goes to the committee for their dedication, hard work, and compassionate support in planning this memorial. Your thoughtful care made the afternoon a meaningful tribute to a life that touched us all. We are grateful for your love, your prayers, and the memories we hold dear. May we continue to lean on one another as we navigate this loss together.

With heartfelt thanks
The TCFSA Committee



\$705 WAS RAISED FROM OUR CHRISTMAS FUNDRAISER RAFFLE

**A BIG THANKYOU TO ALL MEMBERS FOR YOUR SUPPORT AND HELP
IN RUNNING THE CHRISTMAS RAFFLE 2025**

WINNERS FOR THE RAFFLE ARE AS FOLLOWS:

First Prize – *Blue Ticket (A19)* Olivia CHITTLEBOROUGH
Second Prize – *Green Ticket (C02)* Warren SMITH
Third Prize – *Red Ticket (B20)* Marian WHITFORD
Mystery Prize - *Purple Ticket (D29)* Jo

COFFEE

& Conversation



Please join
The Compassionate Friends SA
members for an informal coffee
and chat. We'll come together to
enjoy the views, fresh air, and a
warm, supportive atmosphere
during the holiday period.

Date: Sunday 11th January 2026

Time: From 10.00 onwards

Venue: Mount Lofty Café
266 Mount Lofty Summit Road

CRAFERS SA

Booking: A table will be reserved
under the name: TCFSA

*RSVP: Not Required

Look forward to seeing you there

THE COMPASSIONATE FRIENDS

“HOW IT ALL BEGAN”

TCF was founded in 1969 by the families of Billy Henderson and Kenneth Lawley who both died in the Coventry and Warwickshire Hospital (now University Hospital Coventry) in May 1968. One grieving mother sent flowers to the other via the hospital chaplain, the **Rev (later Canon) Simon Stephens**, and the parents decided to meet to find ways to help each other survive their loss. After meeting informally, they arranged a meeting with other bereaved parents in a room at the same hospital on January 28, 1969, at which the organisation was founded as **The Society of the Compassionate Friends**, with the help of Rev. Stephens who had by then become Chaplain aboard HMS Ark Royal.

The organisation expanded across the UK and abroad during the following years.

The Compassionate Friends in the US developed following the publication of a story in Time Magazine in 1971. Entitled "Therapeutic Friendship", the article described the experience of a mother whose daughter had died from cancer. By 2012 there were about 600 Chapters around the USA.

Rev. Stephens was also instrumental in promoting the organisation abroad, and sister organisations were founded in Canada, Australia and South Africa by 1990, and later on in European countries including France, Germany, Belgium and the Netherlands. New Zealand started a group in the 1980s

Read Joe Lawley's story

(Joe was one of the original sets of bereaved parents that were instrumental in the founding of The Compassionate Friends.)

Our family was engaged in the usual early morning hassle as we washed, dressed, ate and finally shared a moment as the children left for school. We were four—Iris and Joe, parents, Angela (the elder of our children, aged nearly fifteen) and Kenneth—the younger, nearly twelve. The youngsters departed and then, minutes later, as we prepared to leave too, the telephone rang. I picked it up, a voice said, “There’s been an accident. Kenneth has been taken to hospital by ambulance” We rushed to the hospital convincing each other that it could be nothing worse than a broken limb, but within a short time, we knew that it was serious, he was unconscious; later we were told that he had suffered major head injuries, with resultant brain damage. We were face-to-face with death. Elsewhere in the hospital was another boy, Billy Henderson, suffering from cancer. His parents had nursed him through a long illness, at his bedside day and night.

The Henderson family (Bill and Joan, the parents, Andrew and Billy, their sons, and daughters, Shona and Susan) soon became our friends through our mutual grief. Standing back from the constant group of relatives and friends round Kenneth’s bed in the Intensive Care Unit was another young man in clerical garb, the **Reverend Simon Stephens**. He simply said, “If I can help.... I am here, all of the time.” Eventually we asked, “Will you pray for Kenneth?” and when he did so, he mentioned Billy Henderson. Thus, we came to know somewhere in this vast hospital another boy lay dying, another family hoped and prayed. It was not to be. Kenneth died on 23rd May 1968 — a day now indelibly stamped in our memory. Billy Henderson died a few days later. My wife Iris suggested that we send flowers to Joan and Bill; we did not then know the significance of that act, but looking back, it might be said that Joan and Bill telephoned their thanks and we met for a cup of tea. Together, midst freely flowing tears, the four of us were able, for the first time to speak openly of our children, without feelings of guilt that we were endlessly repeating the virtues of our children, and of our vanished hopes for the future. Together, we were all able to accept, for the first time, the words used by many well-meaning friends – rejected almost universally by parents who have lost a beloved child — “I understand”. We did understand, all four of us, and, in the immensity of our grief (and in reality, is there any other tragedy of quite this enormity?) we all suffered together.

We were helping each other – a telephone call in the blackest hour brought love and help immediately to the door; Regular family visits, where our children reminded us constantly of their needs and dragged us back to the role of parents. There were the occasionally, humorous incidents which induced the first smiles, and even laughs – all these played their part in our journey through the experience of overwhelming grief. We were learning to live a little again. It did not happen overnight, nor even with years but it had started.

Rev Simon Stephens, who had kept close contact with us, spotted it first. He said, “You are helping each other in a way which I, and virtually everyone else, am unable to do, because of your shared experience; do you think it could work with other bereaved parents?”

We put it to the test. We wrote to, and subsequently visited, a West Indian family who had lost a young child in a road accident. It worked. We became friends. Simon then suggested a meeting of a number of recently bereaved parents, and the initial coming together took place **January 28, 1969**, in a room at the Coventry and Warwickshire Hospital, a place with poignant memories for most of us; returning to the hospital itself was, you might say, a hurdle which we needed to surmount.

In the event, six people were present — Bill and Joan Henderson, Betty Rattigan, **Simon Stephens**, Iris and myself. We talked about an organisation which would try to help other bereaved parents. But the number of child deaths in the UK was dauntingly large — would we be able to cope with what might become an overwhelming demand for our time? We decided to try. What about a name? The word “compassion” had featured frequently in our conversation & eventually **‘The Society of the Compassionate Friends’** emerged. It sounded right then, and now in a slightly shorter form, it still sounds right... perhaps even inspired. To round off this part of the history of **The Compassionate Friends**.

I would like to record the names of that first committee. They were: - **Honorary President – Simon Stephens; Chairman – Joe Lawley; Secretary – Betty Rattigan; Coordinator – Joan Henderson; Treasurer – Bill Henderson; Member and Visitor – Iris Lawley.**

Today **The Compassionate Friends** is still an active group dealing with the worst loss imaginable, throughout the UK and around the World including New Zealand and Australia. As with the founding bereaved families, we energise our grief into a compassionate way to help others.

Shared with thanks -The Compassionate Friends-OTAGO

The symbol associated with The Compassionate Friends (TCF) is a logo featuring two stylised hands gently supporting a child's hand. The hands are depicted in a warm, nurturing way, signifying support and comfort for bereaved parents. The logo visually represents TCF's mission to provide support to families who have experienced the death of a child.



It is with very great sadness that we learned of the death of Iris Lawley on 29 October 2025. Iris was the last founder parent of The Compassionate Friends.

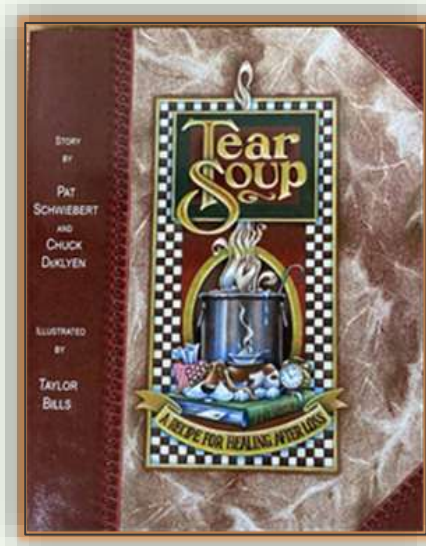
Without Iris and Joe Lawley, and the other founder members, Bill and Joan Henderson, TCF would not have existed. We are so grateful for their dedication to grieving parents and their families.

Our thoughts and condolences are with Iris' daughters, Angela and Lisa, and all of her family.





BOOKS and PODCASTS of INTEREST



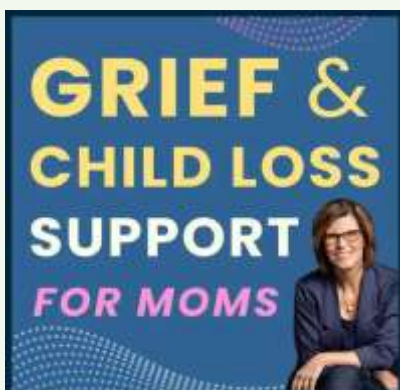
The book TEAR SOUP: A Recipe for Healing After Loss.

This is a must read for anyone who has suffered a loss of any kind. Tear Soup, a story book by Pat Schwiebert and Chuck Deklyen, helps people understand healing after loss, no matter what the loss is. Published in 1999 and co-authored by Pat Schwiebert and Chuck Deklyen, Tear Soup contains a remarkable recipe for healing after loss - *for children aged 8 and above, as well as adults*. Author Pat Schwiebert has over 30 years of experience working with grieving individuals and groups, and that expertise is reflective in the depth of this story. She is also the founder and creative director of Grief Watch, a publisher and manufacturer of bereavement books and materials used by families and professionals in North America and beyond.

The title is an allegory of grief and loss, as it offers an interesting resemblance to following a recipe to Tear Soup. It is about an old woman named Grandy, who is also referred to as "somewhat wise" throughout the story. Grandy has just suffered a great loss (which is not named) and in order to overcome her grief, she returns to the age-old custom of preparing Tear Soup from scratch in her kitchen.

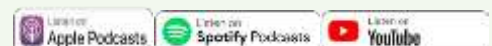
More than anything else in this book, the authors have conveyed the importance of welcoming all sorts of feelings, encapsulating the precious as well as the not-so-precious memories. For, when they come together, they allow the individual to make peace with the situation and learn to survive. All in all, Tear Soup is a great book for healing from sorrow. The messages conveyed through the text are easily comprehensible by *children 8 years and above*. What makes it extraordinary is that there is no expiry on the shelf life, because every time a grieving heart pulls out this book, it helps the soul to connect with something new from within.

PODCAST



Grief Support for Moms After Child Loss is a compassionate podcast for bereaved mothers coping with the death of a child, infant, or teen. Hosted by Lisa K. Boehm (grief educator, author, mentor, and bereaved mom), this show offers hope, healing, and practical guidance for life after child loss.

Each episode provides heartfelt support, real-life stories, and tools to help you cope with grief, navigate triggers, and honour your child's memory. You'll hear personal experiences, expert grief insights, and encouragement to help you survive the hardest days and slowly rebuild a life that still holds meaning.



DEFINING MOMENTS

A birth. A graduation. Learning to drive. A new job. A milestone birthday. A move across the country. An illness. A wedding. A divorce. These are all defining moments. But is there any other moment in a bereaved parents or family member's life like the defining moment that comes as a result of a knock at the door, or a call in the middle of the night, or perhaps when a doctor's eyes elude their stare? Every other defining moment pales in comparison to hearing the news that a child in our family has died.

It matters not if our children were young or old, if they were a baby not yet born, or a child with grandchildren of their own. They were **OUR** children, and they died, and our life was, and will forever be, shaped by **THAT** moment in time. When we are new in our grief, all emphasis is trapped in **THAT** day, **THAT** moment. It is the defining moment by which all time is measured from that point on. For years we talk in terms of something happening before or after the death. We are sad, we are angry, we are traumatised. We're at war with ourselves and everyone around us. We want time to move forward, or at least speed up. To take us as far from that defining moment as possible. And yes, we are scared. We are scared of forgetting, scared of letting go, and even scared of moving past **THE** defining moment.

The good part, the part that I've learned from fellow Compassionate Friends, is that yes, it is the most defining moment in our lives, but it doesn't have to be the thing we remember most. We are connected by a love for our children that goes beyond the defining moment. We can reach back and remember wonderful memories and a love so special that it will not let go. **EVER!** More than 14 years have now passed since my children were killed in a car accident. Time has seen me through the anger, the sadness, the pain, and the brokenness that came from dealing with their deaths. It has been a long journey, a journey of the heart. As Douglas Wood wrote in the book *Old Turtles and the Broken Truth* - those who take great journeys of the heart are changed. I admit it. I am forever changed by that defining moment, but the important thing I also realise is that my great journey of the heart really began when Stephanie and Stephen graced my life. It wasn't long enough - not nearly long enough. But we shared a love so special, so sweet, so enduring that it will forever be what I choose to remember the most. I choose not to remember that they died or how they died. I choose to remember they lived and how they lived. They were special. They were beautiful. They were silly. They were loving. And they were wonderful! It took a lot of time on my journey for me to reach this point, and it wasn't without struggle and doubts. There were days when just getting out of bed and facing a day without them took all the courage I could muster. But I did it. Sometimes it was necessary to deal with their deaths on a one day at a time basis, and sometimes one moment at a time.

But I continued on my journey because I refused to let a terrible day be what I remembered most about two really terrific kids. Yes, it is indeed the most defining moment for bereaved parents and family members. We're different people when we walk through the fog of grief. The important thing is, we walk through the fog to the other side where sunsets are once again beautiful and we are struck by the brightness of the stars.

Is there any better way to honour all our terrific kids than to marvel at the beauty of the world.

By Pat Loder
Shared with thanks TCFVIC Newsletter

POEMS and QUOTES



"I wish I could send you a sign
loud enough to quiet your grief -
but instead, I send soft ones: the
breeze that calms you, the song
that stops you, the memory that
finds you out of nowhere.

That's me, loving you still.
Stay strong.

Anonymous

If you really want to hold the
heart of some-one who is
grieving, please never begin
a sentence with....

"What stage are you in?"

Hearts that are cracked into
a million pieces, don't have
a stage.

Grief&Grits

Imagine living with a
scream inside you...
And that scream is yours -
and no-one else hears it.
That is Grief.

Shannon L Alder

At first **grief** is an **ocean**
that pulls you under.
With time... it becomes a
river that you learn to
swim in.
But these waves... they
never stop coming.

Unknown

Remembering

The beauty of a memory, is that it is always there
Like a penny in your pocket, you can take it anywhere.
And when your heart is heavy, and your eyes are filled with tears
You can focus on a memory and travel through the years
Your heart can visit with happy times, when laughter filled the air
And the presence of your loved one will lessen your despair
So, as you travel on in life, take comfort as you go
In a lifetime of "sweet memories" of one who loved you so!

by Genie Graveline

"Our journey together
has changed, for I am
gone and not coming
back, you *see*.
So, you must complete
your own journey now.
And when it's done, I
promise it will lead you
right back to *me*."

by John Pete

You just don't lose some-one once-
You lose them over and over again,
every day..... forever!

Unknown





25th MARCH 2026

Every year on 25 March, we come together to say the names of the treasured babies and children we have loved and lost - to honour their memory while highlighting the profound impact of each of these deaths.

Why Say Their Name?

When a baby or child dies, life as we know it stops - for parents, families and their wider communities. This pain cannot be fixed, only carried. What makes this pain lighter to bear is often the simple acknowledgement of this reality from those who matter. Saying a baby or child's name alongside those who loved him or her is a powerful act of kindness and acknowledgement that requires no special knowledge or experience. Say Their Name Day is a day for the whole community to demonstrate that every little life matters and deserves to be celebrated, and that bereaved families are deserving of all the support we can give. Name by name, we're helping to break the stigma that prevents families from seeking support to help in their healing, in finding hope for the future, and in coping with their new "normal". Say Their Name Day also helps us raise much-needed funds to ensure that every grieving family has access to the support they need for as long as they need it.





BALANCING GRIEF

Balancing grief with daily life involves acknowledging the pain of loss while also tending to responsibilities and finding moments of joy. It's about creating space for grief, seeking support, and prioritising self-care, without expecting to "get over it" quickly.

1. Acknowledge and Validate Your Grief:

Allow yourself to grieve: Don't try to suppress your feelings or rush the grieving process.

Accept your emotions: Grief can manifest in various ways, including sadness, anger, confusion, and even moments of joy.

Don't be afraid to cry: Crying is a natural and healthy way to release emotions.

Understand "grief brain": Be aware that grief can affect cognitive functions like concentration and memory, according to the Bay Area CBT Centre.

2. Prioritise Self-Care:

Be kind to yourself: Practice self-compassion and allow yourself time to heal.

Engage in activities that bring you joy: Return to hobbies or activities that provide comfort and distraction.

Maintain a healthy routine: Ensure you are eating well, getting enough sleep, and exercising regularly.

Create space for grief: Schedule time for reflection, journaling, or other activities that allow you to process your emotions.

3. Seek Support:

Talk to others: Share your feelings with trusted friends, family, or a support group.

Consider professional help: If you're struggling to cope, therapy or counselling can provide valuable support and guidance. Lean on your support system: Don't be afraid to ask for help when you need it.

4. Find Healthy Coping Mechanisms:

Express your grief through creative outlets: Writing, art, or music can be helpful ways to process emotions.

Find purpose: Discover activities or causes that give your life meaning and provide a sense of direction.

Be patient: Healing from grief takes time, and there is no set timeline for recovery.

5. Balance Work and Grief:

Communicate with your workplace: Be open and honest with your employer about your needs and limitations. Prioritise your well-being: Take breaks, manage your workload, and don't be afraid to say no to extra commitments.

Find a balance between work and personal life: Don't let work consume you to the point where you neglect your grief and self-care.

6. Recognise the Dual Nature of Grief:

Grief and joy can coexist:

Don't feel guilty for experiencing moments of happiness or normalcy amidst your grief.

Find a balance between sorrow and survival:

Actively work towards finding a manageable equilibrium between processing your grief and engaging with daily life. By acknowledging your grief, prioritising self-care, seeking support, and finding healthy ways to cope, you can navigate the challenging journey of balancing grief and everyday life.

Dr. Heidi Horsley, is Executive Director and Founder of the Open to Hope Foundation, an internet-based resource offering hope for those grieving a death. Heidi hosts a weekly award-winning cable T.V. and internet radio show, called Open to Hope, and is an adjunct professor at Columbia University. She has a private practice in NYC and has co-authored eight books. **Heidi serves on the National Board of Directors for The Compassionate Friends**, and the advisory board for the Elisabeth Kubler-Ross Foundation. She is a licensed clinical psychologist and social worker. For ten years Heidi was on a 9/11 FDNY-Columbia University research team, working with families who had lost a firefighter in the World Trade Centre. Heidi dedicates her work to her brother Scott, and cousin Matthew, who died together in a car accident at seventeen years old.

THIS IS HER STORY

When I was twenty years old, my seventeen-year-old brother and seventeen-year-old cousin were killed together in a car accident. This tragic event turned my world upside down and put everything I ever believed into question. I didn't know how I was going to survive, or even if I wanted to. This was not the life I had planned; it was not the life I had signed up for, and it was not the life I wanted. According to statistics, the majority of siblings in the United States will spend eighty to one hundred percent of their life with each other. Unfortunately, I was not in that majority, and at twenty years old, I had to face the rest of my life without my brother. None of my friends had ever had a sibling die and they couldn't relate, they wanted me to get over it, and find closure. We don't get over a loss; we learn to live without the person in our lives. As for closure, it's for bank accounts, not love accounts.

An Unacknowledged Loss

The death of my brother was a double loss. I had lost not only my brother, but also the parents I once knew. I felt extremely guilty that my only brother had died, and my parents still had three living daughters. I have since learned that survivor guilt is normal among siblings. After all, Scott carried the family name, was extremely athletic, popular, and was adored by his sisters. He was very easy going and was an all-around great guy. I hid my grief from my parents because I was trying to be a good daughter and didn't want to cause them more pain. I worried a lot about my parents, as they had lost their only son. I even felt guilty grieving since my parents had experienced the loss of a child. After Scott's death my parents received hundreds of condolence cards—I received one. I felt my grief was overlooked and unacknowledged by the world. When I told people I had a brother who died, they would reply, "wow that must have been very hard for your parents," or, "be strong for your parents, they have been through a lot." And while it was very hard for my parents, it was also hard for me. I felt lost and alone and didn't know how I was going to make it without my brother in my life.

Finding Meaning After Loss

Several months after Scott's death I went on an Outward-Bound survival program in the Colorado Mountains, a program Scott had done the year before. Prior to boarding the plane my father handed me Victor Frankl's book *Man's Search for Meaning*. This book had a profound effect on my healing journey. It's the story of how Victor Frankl survived the Holocaust and found the will to live, even after his entire family perished in the concentration camps. Frankl quotes Nietzsche in the book, "He who has a way to live can bear with almost any how." In other words: if you have meaning and purpose in your life, you will be able to get through each day.

Finding Hope and Transforming my Life

It was a long journey out of the darkness, but once I discovered what my purpose was, I began to heal. I realize that I am on this earth to help others who have experienced loss, and to give a voice to the bereaved.

Scott's death has defined my life, but in no way has it destroyed my life.

I have found hope and joy again. Though my brother is no longer on this earth, he continues to have a profound influence on my life. In 1998, I gave birth to my son Alexander and it was such a joy to know that he had some of the same genetic makeup as my brother. I always wanted to give Alexander the gift of a sibling, since the sibling experience has been so important to me. However, after two miscarriages and years of infertility, it was no longer in my life plan. In 2006, I flew to China to adopt my daughter Samantha (now twelve). When I held Samantha, I knew she was the daughter I was always meant to have. My children are extremely close, and it is such a joy to see them together—it brings back so many wonderful memories of my own childhood. Today my life is filled with joy and I have met so many incredible people in my grief journey. I once again have passion, meaning, and purpose in my life. Scott's death has defined my life, but in no way has it destroyed my life. Although I am poorer for having lost Scott, I am so much richer for knowing him for seventeen years. Although he is gone, his memory remains forever in my heart and he is my guiding light!

Clean-Outs and Grief Surprises

You go in thinking it's just a bit of tidying up—a cupboard, the garage, that one drawer that collects everything. You're in the groove, tossing out old receipts and dusty boxes... until you see it.

A pair of shoes that haven't moved in years.

A photo tucked inside an old book.

A faded receipt from that café you took them to.

And suddenly, it's not just clutter anymore.

It's them.

Grief can hit like a punch in the stomach—unexpected and sharp. Sometimes, it knocks the air right out of you. Other times, you catch your breath and find yourself smiling through tears, grateful for the reminder of a moment shared, a memory still alive.

You never know what you'll find when you start clearing out. Not just the things, but the feelings buried with them.

If you've ever had a moment like this, *you're not alone.*

Shared with thanks-TCFVIC-Facebook



UNCOVERED

A forgotten keepsake, tucked away, discarded, yet held dear each day.

A relic of memories, a token of love, uncovered now, sent from above.

Dust and tears, a story told- of laughter, joy and moments old.

This small thing, once held so tight, now brings a mix of pain and delight.

Clearing out, yet holding on to fragments of what's gone.

A bittersweet reminder of the past, a treasure found, forever to last.

by Helen Baczynski



"The Therapeutic Power of *Knitting* and *Crocheting* through Grief" **by Dr Paula Redmond – Clinical Psychologist**

I have had a number of very significant personal losses. Knitting has helped me through my grief in a whole range of ways including keeping me grounded through times of overwhelm; creating space for slowing down and sitting with very painful feelings; connecting with other people through making gifts; and offering myself moments of comfort. It has also been a part of my identity and life history that I've been able to hold on to in the midst of turmoil, trauma and the utter disorientation of sudden and unexpected death. This sense of continuity has been an important anchor, and I'm so grateful to have had the gift of knitting to (literally) hold my hands through this awful time.

Knitting and crocheting can be beneficial for those grieving by providing a calming, meditative activity that offers a sense of control, a distraction from pain, and a positive way to connect with others or a lost loved one. The repetitive motions can be soothing and promote relaxation, while the creative process allows for the expression of difficult emotions and can lead to the creation of meaningful items, even for donation.

How Knitting & Crocheting Help

Meditation and Mindfulness: The repetitive motions of knitting and crocheting can be meditative, similar to a mantra or breathing exercises, helping to calm the mind and reduce feelings of anxiety.

Distraction and Focus: Engaging in a craft keeps your hands busy and your mind focused on a task, providing a positive distraction from overwhelming thoughts and pain.

Sense of Control: In a time of profound loss where much feels out of control, the act of creation can provide a sense of accomplishment and agency.

Expression of Emotions: The creative process offers a unique way to process grief, allowing for feelings of sadness, anger, and loneliness to be explored and understood through the creation of a tangible item.

Connection: Joining online communities or local groups can provide a sense of connection and belonging, reducing feelings of isolation that often accompany grief.

Mourning and Memorialising: Creating items for a lost loved one, or even finishing a project they started, can be a reverent act that serves as a powerful memorial and a way to continue a relationship.

Future-Oriented Activity: Creating something that can be enjoyed in the future, such as a blanket, can provide a hopeful, future-oriented perspective during a difficult time.

Ideas for Crafting Through Grief

Create a "Grief Blanket": Stitch together squares or other elements to form a comforting blanket.

Make Items for Donation: Knit or crochet items like baby hats or blankets to donate to hospitals or charities, shifting focus to service and helping others.

Personal Projects: Make items for yourself, your family, or your home that provide comfort and a sense of continuity.

Join a Group: Find a local or online group to share your work, get advice, and connect with others who understand.

KNIT & CROCHET



OK
Monday
LET'S DO THIS!

MONDAY MORNING

There's something about Monday morning - the alarm clock, the routine, the world rushing back into motion - that can hit especially hard when you're grieving.

It is the reminder that life keeps going, even when yours feels like it stopped.

The start of the week can feel heavy.

Getting up, going to work, pretending to care about emails or errands when your heart is somewhere else - it is exhausting.

So, if today feels a little too much, know you are not alone.

Take it moment by moment. Be gentle with yourself.

And remember, not every Monday has to be productive - sometimes just getting through it is enough.



HEAVENLY BIRTHDAYS

FOREVER YOUNG

FOREVER LOVED

FOREVER MISSED

JANUARY

1st January 1985 – **Courtney**, son of Helen & Stepson to Mark
Miss you more than words can say my precious son, Courtney. In heaven, celebrate with the angels; on earth, we will hold you close in our hearts ❤️

2nd January 2000 – **Winona**, daughter of Vicki

11th January 1999 – **Tyler**, son of Alison, sibling to Dillon

19th January 1987 – **Benjamin**, son of Trish & Gavin, sibling to Kristal, Daryn & Christopher

28th January 2006 – **Edmund**, son of Walter & Rachel

MARCH

8th March 1989 – **Rebecca**, daughter of Mark & Grace, sibling to James, Lachlan & Sandy

8th March 1991 – **Alyse**, daughter of Brian & Annette, sibling to Caelum, Nicholas & Chloe

21st March 1997 – **Lauren**, daughter of Julie, sibling to Emma

26th March 2023 – **Alexcis**, daughter of Danielle

❤️ *"Happy Birthday in Heaven, our Forever Angels"* ❤️

The name of your Child/ren has been published here from the list of current members. If you would prefer this not to appear, please let us know and we will respect your wishes. Families are welcome to submit up to 30 words about their child on this anniversary



ANNIVERSARIES



Wherever a beautiful soul has been, there is a trail of beautiful memories ^{RR}

JANUARY

1st January 2023 – **Lee** – son of Maureen

2nd January 2025 – **Lauren**, daughter of Julie, sibling to Emma

7th January 2020 – **Mitch**, son of Cynthia, sibling to Tyler

11th January 2010 – **Rebecca**, daughter of Mark & Grace, sibling to James, Lachlan & Sandy

28th January 2015 – **Mathilda**, daughter of John

FEBRUARY

23rd February 2024 – **Clancy**, son of Anne

27th February 2019 – **Simon**, son of Christine

MARCH

4th March 2022 – **Winona**, daughter of Vicki

11th March 2024 – **Elisa**, daughter of Pat, sibling to Jackie & Hannah

26th March 2023 – **Alexcis**, daughter of Danielle

♥ *"Though you are gone, your light continues to shine in our hearts"* ♥

The name of your Child/ren has been published here from the list of current members. If you would prefer this not to appear, please let us know and we will respect your wishes. Families are welcome to submit up to 30 words about their child on this anniversary page.

10 Things to Know.....

1. Please don't be afraid to talk to me about my loved one. My loved one lived and was very important to me and it is a comfort to me to know that he or she was important to you too. My loved one is pretty much always on my mind anyway; you're not going to "remind" me that he or she is gone.
2. If I cry when you speak of my loved one, it isn't because you have hurt me. My loved one's death is the cause of my tears. You have talked about my loved one and allowed me to share my grief and I thank you for both.
3. If I seem absent-minded and forgetful, that's because I am! "Grief Brain" is a common malady in grievers. I'm really not losing my mind, but sometimes I may feel like I am.
4. Please don't expect my grieving to be over in six months, or even a year. The early months may be the most traumatic for me, but please understand that my grief will never fully end until the day I am reunited with my loved one in Heaven. And though it may sound strange, I don't really want my pain to completely go away....it helps me feel connected to my loved one.
5. When you ask me how I'm doing, that's a really hard question for me to answer. I will probably tell you I'm fine or I'm doing okay, but neither one of us has enough time for me to fully and accurately answer that question.
6. Please excuse me if I seem rude at times. Sometimes I just don't have the emotional stamina to participate in small talk and keep the smile on my face. I may just have to "check out" for a while.
7. Please don't tell me you understand or that you understand how I feel. Unless you have lost a loved one, you cannot understand how it feels. I pray that you will never know how I feel.
8. Being a griever is not contagious, so please don't shy away from me. I need your support now more than ever before.
9. You may see me struggling emotionally sometimes, but this is just me trying to survive. This does not mean that I have lost my faith. For a variety of reasons, anywhere I am or anything I'm doing anymore is just a very emotional place to be. But I'm trying.
10. Please understand that the loss of a loved one changes a person. When my loved one died, a large part of me died with him or her. I am not the same person that I was before my loved one died and I will never be that person again.

Shared with thanks TCFVIC Facebook



SHATTERED HEART

The story of a shattered heart after a child's loss is one of profound, life-altering grief, often described as a permanent emptiness and a transformation into a different person. It involves shock, pain, and a deep ache for all the moments, milestones, and future experiences that will never be shared, a pain that does not fade with time. The loss creates a void that cannot be filled, and a parent's heart physically experiences the trauma of emotional distress.

The initial shock and transformation

A new, broken version of yourself: The loss can make you feel like a completely different person, one you never knew before the tragedy, with your heart physically and emotionally broken.

Disorientation and disbelief: The world turns upside down and sideways, and it's hard to grasp that your child is truly gone and will not have any more tomorrows.

A permanent void: An empty space is created that can never be filled, and no amount of time or well-wishes can make that emptiness go away.

Living for two: Many parents come to believe that they must live for both themselves and their child, carrying on despite the pain.

The pain of a broken heart

Constant grief: The pain is not a temporary feeling, but a constant companion. It's an ache that can resurface at any moment, like a shock from a lightning bolt of grief.

Physical manifestation: The phrase "broken heart" is not just a metaphor. Extreme emotional stress from child loss can lead to Takotsubo cardiomyopathy, or "Broken Heart Syndrome," which is a very real and temporary weakening of the heart muscle.

Grief that lingers: Years later, the pain is still present, and the heart continues to "beat a different tune".

The journey of a grieving parent

Reliving the memories: Memories, both big and small, can bring unexpected pain. Even the most practical or helpful acts, like donating your child's belongings, can be a deeply painful experience.

A lifetime of loss: You will grieve for the future your child will never have, including milestones like falling in love, getting married, having their own family, or simply enjoying a home with a backyard.

Connecting with others: For some, connecting with other parents who deeply grieve offers a path to navigating the deepest pain.

Finding hope

Legacy: Some parents find purpose in using their story to help others, such as by raising awareness or supporting a cause related to their child's passing.

Faith: For those who are religious, faith can be a source of strength, offering the belief that their child is in God's care and that the tragedy is part of a larger plan.

Undisclosed Author



*My heart shattered, all over the ground,
I picked up the pieces, but not all could be found.
I put them together as best as I could,
But there was a space, where you once stood.
The space spoke of sorrow, of everything bad,
The space did nothing, but make me so sad.
Then one day I realised, something quite grand,
That you hold that piece, in the palm of your hand.
Today and always,
I will honour that space.
I will allow it to speak,
Of love's eternal embrace.*



Headspace provides support and resources for young people (aged 12-25) who are grieving, offering information on grief, online and phone support through *ehespace*, and connections to local *Headspace* centres for professional help. They also offer guidance for families and friends supporting a young person through grief.

Grief

headspace
National Youth Mental Health Foundation

What is grief?

Grief is a natural response you experience when you lose someone close to you. Grieving is a normal part of life and it can begin as soon as someone becomes aware of a loss and can continue over the course of the first 12 months.



Although there are many different kinds of 'loss', this fact sheet looks at grief after the death of someone close.

Feelings of grief

There is no single 'right' way to cope with the loss of a friend or loved one. Young people may experience:

| | |
|---|--|
| Shock and disbelief that the person has died | Longing for the person; wishing they were around to be able to touch them or be comforted by them |
| Anger or resentment for being abandoned, for the unfairness of the loss, or towards those thought to be responsible for the loss | Sadness that the person has gone |
| Guilt that they were unable to save the person, or that they survived while their loved one did not | Anxiety about the future; how things will be without their loved one, or their own safety |
| Preoccupation with thoughts of the person who has died | Difficulty concentrating and remembering things |
| Changes to sleep patterns and appetite | Physical changes including headaches, feeling tired, muscle aches, and nausea |



Grief is experienced in different ways by different people. Young people may have different reactions to adults because of:

- their age and developmental stage,
- the consequences for them may be different and
- their family situation.

How young people respond to grief

It is important to acknowledge that young people will respond to grief in a range of ways. Some young people will choose to express their grief through rituals or creative expression such as art or music, some will talk about it, while others may appear to be unaffected and getting on with their life.



There will also be some young people who behave in ways that are disruptive, frustrating or risky; they might drink alcohol or use drugs to try to cope with their grief. Whatever their response they will need time, support and understanding as they find their way through their grief.

Grief and mental health problems

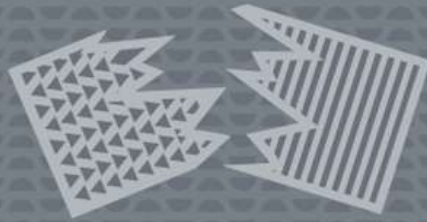


Most young people will be resilient and will carry on with their lives while moving through the grieving process. For some however, the loss may be associated with the development of more serious mental health problems that will require specialist assessment and treatment.



Family and friends

Grief



How to support young people in the grieving process

Families are extremely important in supporting a young person who is grieving. Continuing your family life and staying connected with friends and activities allows the young person to maintain a sense of safety and security, and to feel hopeful about the future.

It can be particularly challenging for families to support each other when a family member has died because everyone will grieve in different ways. Professional support might be helpful if you're finding it difficult to support each other through a loss.



Supporting young people to seek help

The grieving process can take time and it is not unusual for young people to experience ups and downs over months or years while dealing with the death of a loved one. People generally find that things get easier as time passes; however, if the young person's grief is persistent and severe, getting help is important. Accessing professional support is particularly important if the young person is grieving for someone who has died by suicide.

It is important to support young people in finding a health professional such as a general practitioner (GP) or counsellor who they trust and feel comfortable with. If they have had a positive experience with a family GP or another health professional in the past encourage them to contact them again. You could also support them to contact your local community health centre or **headspace** centre.

Some other strategies that may be helpful in supporting a young person include:



Acknowledging their loss and the need to take time to grieve



Providing information about normal patterns of grief



Encouraging them to do what's right for them



Encouraging their continued participation in enjoyable activities such as sports or hobbies, and family activities



Supporting them as they gather stories and memories of the loved one in ways that appeal to them (e.g. writing, photos, journals, talking, blogs or memorials)



Helping them to anticipate times that may be particularly difficult, (e.g. Christmas, birthdays or anniversaries) and develop a plan for coping with these periods



Helping them find meaning in what has happened and foster a sense of hope for the future.



headspace
National Youth Mental Health Foundation

For more information, to find your nearest **headspace** centre or for online and telephone support, visit headspace.org.au



*What does grief mean
to me...*

Many people think that grieving is a deep sadness about the past...
And that is somewhat correct.

When we replay all of the memories of our yesterdays with them, it becomes the soundtrack to our present. Always looking back to when life was easier. When it felt carefree. When they were always here. Just a drive or phone call away.

But now

When we try to connect, it now looks like sorting through all the photographs.

Or

Trying to perfect those recipes of the food they used to make, or listening to the songs they loved.

And

Holding on to the distinct sound of their laugh before it fades. Over and over again, on repeat. But not everything is about the past.

Actually

Most of grieving is about the future. It's the future moments that won't be spent together.

The days that no longer encompass their presence. The silence after we tell them we miss them.

This is why grief is so hard. We want so badly to go back to a time when they were here.

But we can't

So, we try to bring them into our present, but that also feels so empty. The physical part of them has vanished. Every morning, we step into another day without them and even further from the last time we held them close. A time lapse of struggling and learning to let go of what once was and what might have been.

It's not linear. Never streamlined. It ebbs and flows. Always messy and carries a degree of pain. No matter of where we are on our grief journey and even the good moments, are now bittersweet.

A part of me is always missing.

A piece that left on the hardest day of my life.

But I know where that part went.

And that is the only thing that gives me solace.

That is grief to me.



FUNDRAISING



Fundraising helps support groups by providing essential funds for operations, activities, and resources, allowing them to sustain and grow their mission; it also builds community, raises awareness, strengthens bonds among members through shared activities, and gives participants a positive, empowering way to contribute to a cause they care about.

It brings members together in a different, positive setting, fostering friendships and teamwork. It gives members, who may feel helpless, a proactive way to contribute, strengthening their sense of agency and connection to the support group's purpose.

“Write Your Way to Support: PENS FOR A CAUSE!”

Dear Members—We are raising funds for TCFSA with every pen sold.

All proceeds will go towards helping fund our social, support and memorial functions and newsletter throughout the year and to help maintain our libraries and help to subsidise a phone service for the newly bereaved. To place your order, email us on: tcfstainc@outlook.com *ATTENTION DEB or if attending a monthly support group meeting-you can purchase.

THANK YOU FOR YOUR SUPPORT

Cost of Pens

\$ 10



Some Internet Grief Resources

www.dougy.org –National center for grieving children and families, a non-profit online resource.

www.grieflossrecovery.com -Professional, well designed site. Offers reflections on grief and loss through poems, articles, a newsletter, memoirs, memorials, links, and on-line grief support.

www.silentgrief.com -A message of hope for the grieving heart of those who have suffered miscarriage and later child loss. Professional articles, user submissions (stories and poems) and chat boards are available.

www.griefloss.org -The Center for Grief is a non-profit organization dedicated to offering help and hope for the difficult times in our lives through therapy, counselling and education in the areas of complicated grief, trauma, general bereavement and loss.

www.aarp.org/griefandloss/ -A collection of resources and a community of care sponsored by the AARP offering education, on-line sharing and a toll-free Grief Support line.

www.adultsiblinggrief.com -This site is dedicated to the formation of a support community for those who have suffered the devastating loss of an adult sibling.

www.saadvocacy.com.au—SA Advocacy & Mediation is committed to providing complete and affordable advocacy, mediation and counselling services to all South Australians, regardless of their geographical location or socio-economic status.

www.hospicenet.org -An invaluable resource offering information that covers all aspects of hospice care; from selecting a hospice to being a patient and what you need to know. Hospice Net is an independent, nonprofit 501 (c) (3) organization working exclusively through the Internet.

www.griefwatch.com -As part of its mission to the bereaved, Grief Watch and its companion program, Perinatal Loss, publish books, videotapes, audiotapes and other helpful resources in an effort to offer spiritual, emotional and other support to persons who have suffered loss.

www.sharegrief.com -On-line grief counseling by skilled professionals.

Resources

Grief link (well recommended)

National Association for Loss and Grief
www.grieflink.asn.au

TCF New South Wales

www.thecompassionatefriendsnsw.org.au

TCF Queensland

www.compassionatefriendsqld.org.au

TCF Western Australia

www.compassionatefriendswa.org.au

TCF Mandurah

www.tcfmandurah.bravehost.com

tcfmandurah@bigpond.com

TCF Victoria

www.compassionatefriendsvictoria.org.au

TCF UK

www.tcf.org.uk

TCF USA

www.compassionatefriends.org

Bereaved Parents USA

www.bereavedparentsusa.org

Alive Alone

Parents with no surviving children

www.alivealone.org

Rural Resources

Adelaide Hills Bereavement Service

Ph 08-8393 1888

Southern Fleurieu Bereavement Support

Ph 08-8552 0600

Please contact us with details

of any other resources you have found helpful.

Grief Support and Resources must involve at least 3 levels of support

1. **Informational support** refer to providing information to help someone understand what is happening and the strategies that will enable them to work through their situation.
2. **Emotional support** is about helping to lift someone to higher ground so he or she can see their way through the difficulty and begin to move forward.
3. **Social support** enhances their quality of life in the situation they find themselves to provide a buffer against adverse life events. There is good evidence that social support plays an important role in mental health in as much as that lack of social support and feeling of loneliness can make us more vulnerable to the onset of mental health issues like depression or substance abuse problems.

For these reasons, reconnecting with others in healthy supportive ways is often an important component of managing mental health issues or grief. We all need people we can depend on during both the good times and the bad. When some-one dies, the grieving person often feels like their world through their emotions and confront the reality of how life is different, the journey does not end. They still have to come to terms with how life can be meaningful even in the light of loss, known as situational reorganisation. Knowing that life still has meaning gives us a purpose, and gets us out of bed each morning.

by Centre for the Grief Journey



SUPPORT GROUP MEETINGS

If you will be attending a support group for the first time, please try to call our message bank in advance so that the facilitator knows to expect you.

Phone: 0456 820 133 (Telephone or Text)

6.30pm start first Wednesday of each month.

EASTWOOD COMMUNITY CENTRE

95 Glen Osmond Road

EASTWOOD SA 5063

(Parking is available in Front and at the rear of the Centre, with additional parking nearby)

Committee Meetings dates to be advised held at:

Location to be Advised

OPPORTUNITY

Have you lost a child, grandchild or sibling?

Do you think you could support others who have also?

We are inviting you to join our Volunteer Committee and assist in this Organisation.

Many in need and many ways you could help.

EMAIL ENQUIRIES: tcfsainc@outlook.com

We are on the Internet: www.compassionatefriendssa.org.au

and Facebook: 'The Compassionate Friends SA Inc

MAIL: PO Box 26, Kent Town SA 5071

ACKNOWLEDGEMENTS

On behalf of the committee, we wish to acknowledge the following people and businesses who have offered us services or awarded financial contributions such as grants. Also, our sincere appreciation to all the businesses displaying TCFSA pamphlets.

We thank them for their generosity and support.

WEBSITE – Alex Kebell



CITY OF
MITCHAM





The Compassionate Friends
South Australia

0456 820 133

P.O. Box 26

Kent Town

S.A. 5071

tcfaine@outlook.com

www.compassionatefriendssa.org.au



ABN :79953386024

Application for Membership

Please complete and return this form by post or email Compassionate Friends SA

Member Details

| | | | | |
|---|---------------------------------|----------------------------------|--------------------------------------|------------------------------------|
| Membership Type: | <input type="checkbox"/> Parent | <input type="checkbox"/> Sibling | <input type="checkbox"/> Grandparent | <input type="checkbox"/> Associate |
| Name: | | | | Date of Birth: / / |
| Address: | | | | |
| Postal Address: (if different to above) | | | | |
| Home Phone: | | | | |
| Mobile Phone: | | | | |
| Email Address: | | | | |

Joint Member Details (a partner living at the same address can be included in your membership)

| | | | | |
|----------------|--|--|--|--------------------|
| Name: | | | | Date of Birth: / / |
| Home Phone: | | | | |
| Mobile Phone: | | | | |
| Email Address: | | | | |

Sibling Details (children under 18yrs are included on your membership, and will receive sibling loss support)

| | | | | |
|----------------|--|--|---------------|--------------------|
| Name: | | | | Date of Birth: / / |
| Home Phone: | | | Mobile Phone: | |
| Email Address: | | | | |

Loved Ones Details (print additional copies for multiple children)

| | | | | |
|---|--|--|-----------------------------|---------------------------------|
| Loved Ones Name: | | | Date of Birth: / / | <input type="checkbox"/> Male |
| Cause of Death: | | | Date of Death: _ / / | <input type="checkbox"/> Female |
| Include a Birthday Notice in TCFSA Magazine | <input type="checkbox"/> Yes (optionally enter text below) | | <input type="checkbox"/> No | |
| Include a Memorial Notice in TCFSA Magazine | <input type="checkbox"/> Yes (optionally enter text below) | | <input type="checkbox"/> No | |

Membership Option

Amount

| | | |
|--|--|--|
| <input type="checkbox"/> \$50.00 – Family Membership | Membership including a digital copy of the magazine sent to your email address | |
| <input type="checkbox"/> \$30.00 - Print Membership | Membership including a digital copy of the magazine sent to your email address | |
| <input type="checkbox"/> Free – Financial Hardship | Free membership is available if you are unable to pay at this time (please consider making a donation to support us) | |

Donations

Donations are highly encouraged – please ensure a separate transaction is made for donations to receive a tax-deductible receipt. All donations over \$2 are tax deductible.

We gratefully accept donations via cash or through our website:

<https://compassionatefriendssa.org.au/donate-now/>

Payment Method

Total \$

| | | | |
|----------------|--|---------|-----------|
| Direct Deposit | Direct deposit to our Account enter the reference number as your initial and surname | Bank SA | TCFSA |
| | | BSB: | 105-151 |
| | | Acct: | 563946040 |