



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



The Compassionate Friends (SA) Inc. is part of a world-wide organisation offering friendship and understanding to families following the death of a son or daughter, brother or sister. TCF offers support in the grief and trauma which follows the death of a child at any age and from any cause. Our purpose is to offer friendship and understanding by reaching out to bereaved parents, to the surviving siblings and other family members to support them in the grief and trauma which follows the death of a child. We promote the positive resolution of parents' grief, and to foster the physical, emotional and spiritual growth, in an open and friendly environment of bereaved parents, grandparents and siblings. At The Compassionate Friends you will find the special understanding of those who have "been there". There are no pressures to talk or not talk, to cry or not cry, just a chance to be yourself, to have time-out. The Compassionate Friends offers a safe haven, a listening and understanding ear, a place where you can let down the masks, and if you wish, talk about your son or daughter who has died. The Compassionate Friends offers no miracle cure, just comfort and the consolation and hope that broken threads can be picked up again. The Compassionate Friends Support Groups offer the opportunity for bereaved parents and siblings to meet in a safe environment with others who have 'been there' who understand and care.

Monthly support groups are held at:

6:30 pm on the 1st Wednesday of each month.
Eastwood Community Centre,
95 Glen Osmond Rd, EASTWOOD. SA



Grief does not discern time. We understand there are times when you need to speak with another bereaved parent. Our grief support telephone number 0456 820 133. Please leave a message and we will return your call as soon as possible. If you do not want to wait for a call back, please phone our National Ph: 1300 064 068 Grief Telephone Support. When a son or daughter dies, no matter what their age or the cause of death, grief lasts for longer than society in general recognises. The death of your child is an unacceptable tragedy, and it can take a long time before you regain any sense of normality in your life.

" We Need Not Walk Alone."



**Please Note: TCFSA is not a crisis service. If you need immediate crises support, please contact: Suicide Line on 1300 651 251 - Suicide Call Back Service on 1300 659 467 - Lifeline on 13 11 14.*

"For more information on TCFSA – Please refer to our Website & Facebook"

To our new members

Attending your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. Try not to judge your first meeting as to whether or not TCF will work for you. Often, it is the second, third or fourth meeting where you will find just the right person or the right words said that will help you along in your grief.

To our long-standing members

We need your encouragement and continued support. You are what ties our group together. Sadly, each meeting brings new parents. THINK BACK... what would it have been like for you if there had not been any "Oldtimers" to welcome you and share your grief and encourage you and tell you that in time, the pain will soften...with time, there is hope.

**WE NEED NOT WALK ALONE
WE ARE THE COMPASSIONATE FRIENDS**

Our Values

These basic principles guide all our interactions and activities:

- Empathy
- Compassion
- Respect
- Integrity
- Inclusivity

Our Volunteers – all bereaved parents, siblings or grandparents themselves - provide support, understanding and hope to those who have suffered the death of a son or daughter from any cause.

TCF has no religious affiliations - we offer support to all bereaved parents, adult siblings and grandparents both with faith and those with none.



COMMITTEE UPDATES

The Compassionate Friends SA (TCFSA)

Dear Members,

We hope this update finds you well. Over the past couple of months, the TCFSA committee has been busy with initiatives to strengthen support for bereaved families across South Australia.

Training and Peer Support

We continue to provide free monthly support groups, phone and email support, and remembrance events to connect members and provide a safe space to share experiences.

Upcoming training will upskill volunteers and add four more facilitators to run support groups, of which we hope to have in regional areas within the next 12 months.

Fundraising Efforts

Planning for fundraising events is ongoing, with volunteers coordinating with local organisations to raise awareness and support for our work.

Donations can also be made directly via our website to help sustain these vital services.

National Advocacy Update – Child Bereavement Leave Reform

The Compassionate Friends Australia continues to advocate for improved workplace protections for bereaved parents through our submission, "Bridging the Child Bereavement Gap: A Strategic Framework for National Employment Standards Reform."

In a significant step forward, representatives from TCF across Australia recently participated in a Parliamentary Public Hearing before the House of Representatives Standing Committee on Employment, Workplace Relations, Skills and Training.

Eight TCF members from around Australia joined the hearing via Zoom, sharing their lived experience and answering questions from Committee members about the realities of returning to work after the death of a child.

TCF South Australia was proud to be represented at the hearing, with Secretary Vicki Shaw contributing evidence relating to two key areas of the submission:

- **The "Carer's Penalty"** – where parents caring for a child with a long-term or terminal illness often exhaust all available leave before their child dies, leaving them with little or no leave available during bereavement.
- **Parental Bereavement Leave** – the proposal for a government-funded bereavement leave scheme to provide families with financial security and protected time following the death of a child.

The Committee showed considerable interest in the real-life experiences provided by bereaved parents, with member case studies playing a crucial role in illustrating the gaps that currently exist within Australia's workplace laws.

Key Recommendations

The submission calls for reforms including:

- Increasing compassionate leave following the death of a child from **2 days to 10 days**.
- Addressing the **Carer's Penalty** experienced by families caring for seriously ill children.
- Protected leave for coronial and investigative processes.
- The right to temporary workplace reassignment where duties may be traumatically triggering.
- Improved research into workplace responses to bereavement.
- A government-funded **12-week Parental Bereavement Leave scheme**.
- Nationally consistent workplace standards and trauma-informed workplace practices.

Thank You

We extend our sincere thanks to all members who contributed personal workplace experiences and case studies. Your courage in sharing your stories helped bring the realities of child bereavement into the national conversation and ensured the voices of bereaved families were heard directly by Parliament.

While the process is ongoing, this hearing represents an important milestone in our advocacy efforts. We remain hopeful that these reforms will lead to fairer, more compassionate workplace protections for bereaved parents across Australia.

We will continue to keep members informed as the inquiry progresses and the Committee prepares its recommendations.

"Grief does not diminish as a child grows older, and neither should the support available to those left behind." – TCF Australia Submission, 2026.

We sincerely thank all our members and volunteers for your continued support and commitment to TCFSA. Your contributions make a real difference in ensuring that no bereaved family in South Australia has to face grief alone.

The TCFSA Committee



In the Spotlight: Achievers Among Us

Our committee is thrilled to acknowledge the latest impressive feats of two of our members this month.

Bibbulmun Track End-to-End –1,000 km in 29 days, April–May 2026 by Vicki Shaw (Secretary-TCFSA)

In April–May 2026, I completed my end-to-end journey on the Bibbulmun Track, covering 1,000 km from Kalamunda (Perth) to Albany, Western Australia.

This 1st section delivered some of the most challenging walking of the entire trail, with long climbs, rugged terrain and remote stretches through dense bushland. The landscape was constantly changing as I walked through towering jarrah forests, rocky ridgelines, open plains and magnificent karri forests before eventually reaching the coast.

While larger wildlife proved elusive, the birdlife was extraordinary. Finches flitted through the bush, fantails danced around me as I walked, and I regularly spotted red-tailed black cockatoos and Western Australian ringneck parrots, along with many other bird species. Their calls and constant activity brought the forests to life each day.

Despite spending almost a month on this trail, I missed out on spotting a single snake. The kangaroos were equally shy, with most sightings consisting of a flash of tail disappearing into the dense bush as they bounded away after I disturbed their slumber.

One of the unique aspects of the Bibbulmun experience is the hut system. I spent five nights solo in trail huts, enjoying the peace and solitude of the forest. At other times, I shared huts and campsites with many fascinating hikers from around Australia and overseas. The trail conversations were often as memorable as the scenery. One standout was meeting a man in his 60s from Kentucky, USA, who had undergone double hip replacement surgery and still competed in Ironman events.

Long-distance hiking has become much more than a physical challenge for me. Following the loss of my daughter, Winnie, time on the trail has played an important role in supporting my mental health and helping me navigate grief. The isolation of the wilderness, free from the demands and noise of everyday life, creates space to think, reflect and simply be. Day after day of walking allows my mind to settle, providing room for both healing and mourning in a way that is difficult to find elsewhere.

After weeks inland, the trail finally emerged onto the spectacular southern coastline. The views did not disappoint, with dramatic ocean vistas, rugged cliffs and pristine beaches providing a breathtaking finale to the journey.

Completing nearly 1,000 km on the Bibbulmun Track has been an incredible adventure. From mountain views and ancient forests to the wild Southern Ocean, the trail challenged me physically, rewarded me with extraordinary landscapes, and introduced me to remarkable people from around the world. It is a journey I will never forget.



'Wharf to Woolshed Long Row -20th June 2026' by Rebecca Chittleborough (Treasurer-TCFSA)

We lost our beautiful 22-year-old son, William in 2022. My memories of him are so vivid, his looks, his personality, I can still feel him hugging me. Two of the things I really loved about William was his enthusiasm and his energy.

In 2024, I decided to channel some of William's energy and try rowing, something I had wanted to learn for a long time. I joined up with the Riverside rowing club and learnt to row.

On the 20th June 2026, I participated in the 'Wharf to Woolshed Long row 2026' hosted by the Renmark rowing club, along with my fellow Riverside rowing club rowers. T

The Long row is a 36km course on the Murray River from Renmark to the Woolshed Brewery. It is an endurance row (not a race), for those who enjoy the challenge and the immense natural beauty the river has to offer and welcomes clubs from all over Australia and New Zealand. Knowing my own limitations I completed 2 legs (20km) of the 3 leg (36km) course.

It was tiring but I felt a sense of achievement I hadn't felt for a long time. I thought of William many times during the day and I know he would have been so happy for me. ❤️



**Bereaved Mother's Day Afternoon Tea
held on 3rd May 2026 at Eastwood Community Centre.**

We were unlucky with the weather which changed our plans on enjoying afternoon tea in the gardens of the Community Centre.

Binita did a great job in setting up afternoon tea inside the Community Centre with lovely table settings and accessorising. Thank You Binita-You did a great job.

There was lots of tasty food and delicious sweets enjoyed by all. A relaxing few hours amongst friends, lots of conversation and a few laughs along the way.

Thank you everyone for helping to make this day special.



"For Mother's who still hold the Light"

We gather here in quiet grace,
with hearts that hold an empty space,
where echoes once would fill a room,
now lingers love that beats the gloom.

To every Mother in this place,
who carries grief, yet finds her face,
still turned towards, the sun's soft gleam,
though shadows linger in her dream.

Your child's name is still alive,
in every story you revive,
in every word and memory shared,
in every moment we have cared.

The Mother's heart is strong and true,
it bends, but never breaks in two,
for love does not end with good-bye...
it only learns how far it can fly.

So let us sit, and gently speak,
of names we miss of memories we keep,
and know this truth both deep and wide,
their story lives in yours,
and yours will always shine.

by Helen Baczynski



Looking at these group photo's, it is lovely to see the smiles and connection that made the day so special.





ADELAIDE'S COASTFM 88.7



Two of our committee members, Vicki Shaw (Secretary of TCFSA) and Helen Baczynski (Editor of Newsletter-TCFSA) recently conquered their nerves to share our mission on local radio-CoastFM. By opening up about our cause, they successfully shined a light on our support group, helping us reach even more bereaved parents in the wider Adelaide area and beyond. Speaking publicly about child loss and grief is deeply personal, and the pressure of being on live radio was certainly felt. However, the radio presenter “Roy Garreffa” was incredibly warm and empathetic. He created a safe, welcoming environment, making us feel right at home and allowing us to speak from the heart.

Why This Interview Matters

They discussed the vital work our peer-support group (TCFSA) does and how we offer a compassionate space for families navigating the unimaginable. More importantly, this interview serves two incredible purposes:

Reaching the Isolated: It tells other grieving parents that they are not alone and that help is right around the corner.

Educating the Community: It helps the broader public better understand the realities of grief, showing them how to support friends and neighbours who have lost a child. Stepping up wasn't easy, but the outcome is deeply rewarding. By letting our voices be heard, we have planted seeds of hope within the community and ensured our support group remains a visible beacon of comfort for those who need it most.

We are now the Experts on Bereaved Parents' Grief

Something I've learned along the way is this: when we don't speak up, we are still educating. When we answer "I'm fine," we unintentionally teach the world that no help is needed, because all they see is the public version of us, wearing a practiced smile.

What they don't see is the private grief. The daily ache. The strength it takes just to get through the day.

If we hope to change how bereaved parents are treated, education matters. With millions of new bereaved parents each year, we are stronger together. When our voices are shared honestly, others can learn how to show up with compassion.

Sometimes, when someone asks "How are you?" we can gently tell the truth and invite care:

- "I'm struggling, but I really appreciate you asking."
- "I've had some really hard days—you're asking means more than you know."
- Not great. I could really use a friend. Would you like to get some coffee sometime?

The language of grief is a two-way street. We need people **to learn how to respond**.

We need people to learn **how to walk compassionately with bereaved parents**.

But since we are now the experts in this kind of loss, it often starts with us.

Let's begin here.

We can grow this conversation together.

Words by: Dr. Cali - Bereaved Mother





JULY

2026

BEREAVED PARENTS
MONTH

July is recognised as **National Bereaved Parents Month** (or Awareness Month), a dedicated time to honour, support, and raise awareness for parents and families who have experienced the death of a child of any age. It focuses on fostering understanding of this profound grief, breaking the silence around child loss, and encouraging community support.

Key aspects of this month include:

Raising Awareness: Highlighting the lifelong impact of losing a child and the unique grief parents endure.

Honouring Memories: Encouraging families to share their children's names, stories, and photos to keep their memories alive.

Providing Support: Promoting resources and compassion for grieving parents, acknowledging that, this is an "unimaginable" loss.

National Bereaved Parents Day: Held on 3rd July 2026, this day recognised globally, specifically focuses on encouraging people to reach out to bereaved parents, **such as lighting a candle at 7 PM or sharing messages of support.**

The month serves as a reminder to be gentle with those who have lost a child and to offer ongoing support.

So, if you ARE a bereaved parent, please take advantage of this month set aside to raise awareness of our journey.





“THE GAP”

The gap between those who have lost children and those who have not is profoundly difficult to bridge. No one, whose children are well and intact can be expected to understand what parents who have lost children have absorbed and what they bear. Our children come to us through every blade of grass, every crack in the sidewalk, every bowl of breakfast cereal. We seek contact with their atoms, their hairbrush, their toothbrush, their clothing. We reach for what was integrally woven into the fabric of our lives, now torn and shredded. A black hole has been blown through our souls and, indeed, it often does not allow the light to escape. It is a difficult place. For us to enter there is to be cut deeply, and torn anew, each time we go there, by the jagged edges of our loss. Yet we return, again and again, for that is where our children now reside. This will be so for years to come and it will change us profoundly. At some point in the distant future, the edges of that hole will have tempered and softened but the empty space will remain - a life sentence. Our friends will change through this. There is no avoiding it. We grieve for our children, in part, through talking about them and our feelings for having lost them. Some go there with us, others cannot and through their denial and a further measure, however unwittingly, to an already heavy burden. Assuming that we may be feeling "better" six months later is simply "to not get it." The excruciating and isolating reality that bereaved parents feel is hermetically sealed from the nature of any other human experience. Thus, it is a trap - those whose compassion and insight we most need are those for whom we abhor the experience that would allow them that sensitivity and capacity. And yet, somehow there are those, each in their own fashion, who have found a way to reach us and stay, to our comfort. They have understood, again each in their own way, that our children remain our children through our memory of them. Their memory is sustained through speaking about them and our feelings about their death. Deny this and you deny their life. Deny their life and you no longer have a place in ours. We recognise that we have moved to an emotional place where it is often very difficult to reach us. Our attempts to be normal are painful and the day to day carries a silent, screaming anguish that accompanies us, sometimes from moment to moment. Were we to give it its own voice we fear we would become truly unreachable, and so we remain "strong" for a host of reasons even as the strength saps our energy and drains our will. Were we to act out our true feelings we would be impossible to be with. We resent having to act normal, yet we dare not do otherwise. People who understand this dynamic are our gold standard. Working our way through this over the years will change us as does every experience - and extreme experience changes one extremely. We know we will have recovered when, as we have read, it is no longer so painful to be normal. We do not know who we will be at that point or who will still be with us. We have read that the gap is so difficult that, often, bereaved parents must attempt to reach out to friends and relatives or risk losing them. This is our attempt. For those untarnished by such events, who wish to know in some way what they, thankfully, do not know, read this. It may provide a window that is helpful for both sides of the gap.



REACHING OUT TO A GRIEVING PERSON

Reaching out to a grieving person is about being present, not having the perfect words. Keep messages simple, low-pressure (e.g. "no need to reply") and specific, such as "I am bringing dinner on Thursday".

Focus on listening, acknowledging the loss directly, and continuing to reach out over the long term.

Key Approaches for Reaching Out

- **Text/Message with No Reply Needed:** "Thinking of you, no need to reply" removes the burden of social interaction.
- **Direct Acknowledgment:** Use the name of the deceased and the word "died." Avoid euphemisms like "passed away" or "in a better place".
- **Simple & Honest:** If you don't know what to say, say that: "I don't know what to say, but I care about you".
- **Use Specific Offers:** Instead of "Let me know if you need anything, 'try' I am going to the grocery store, send me your list".
- **Regular Check-ins:** Grief lasts long after the funeral. Continue reaching out weeks or months later.

What to Avoid

- **Asking "How are you?":** This can be overwhelming. Try "Thinking of you today" instead.
- **"Let me know if you need anything":** This puts the burden on the griever.
- **"I know how you feel":** You don't. Focus on their experience.

Specific Ways to Help

- **Send a handwritten note:** A heartfelt, tangible message is often deeply appreciated.
- **Share memories:** Share a brief, positive story about the person they lost.
- **Offer distractions:** Offer to take them for a walk, watch a movie, or just sit together in silence.
- **Acknowledge hard days:** Send a note on special dates like birthdays or the anniversary of the loss.

CARE & FEEDING of YOUR GRIEVING PERSON

@refugeingrief

LEAVE THEM CARE PACKAGES



BE SPECIFIC ABOUT HOW YOU CAN HELP



ASK QUESTIONS



REMEMBER BIG DATES

SET A CALENDAR REMINDER FOR BIRTHDAYS, ANNIVERSARIES, HOLIDAYS AND SEND A TEXT OR NOTE.



PARALLEL PLAY

YOU DON'T HAVE TO TALK TO SPEND TIME TOGETHER. YOUR PRESENCE MATTERS.



ACKNOWLEDGE THE LITTLE DATES

AN ORDINARY SATURDAY CAN SUCK TOO.



SAY THEIR NAME

SHARE A MEMORY, SAY THEIR PERSON'S NAME.



LET THEM BE SAD

SADNESS IS HEALTHY.



BE AWKWARD

IT'S OK IF YOU DON'T KNOW WHAT TO SAY OR DO. YOUR FRIEND NEEDS YOU! DON'T LET FEELIN AWKWARD STOP YOU.



YOU DON'T NEED TO BE PERFECT, JUST PRESENT.

sids^{and} kids[®] red nose day

Red Nose Day Australia 2026 will be held on 8th August. The event is always celebrated on the second Friday in August. It is a day of fundraising where people come together to raise money for Sudden Infant Death Syndrome (SIDS) by wearing red noses and acting silly. SIDS is the unexplained death of a young baby, usually during sleep.

Red Nose Day was founded by bereaved parents. They wanted to help those affected by the death of their child and ensure it never happened to another. The first Red Nose Day in Australia was held in 1988. Kaarene Fitzgerald established it as a fundraising activity and convinced state-based SIDS bodies to join in too. It encouraged people around the country to wear red noses and act 'silly for a serious cause'.

Red Nose Day is the leading authority on safe sleep, pregnancy, and bereavement support in Australia. It aims to support those affected by the death of a child and reduce the number of SIDS related child deaths per day from nine to zero.

Each year, thousands of people come together to raise funds for Red Nose Day. Over the years, more than \$17 million has been invested in vital research to contribute towards safe sleeping education, safe pregnancy education, and vital bereavement support services. Through excellent fundraising activities and contributions, the Australian public has contributed to a SIDS reduction of 85%.

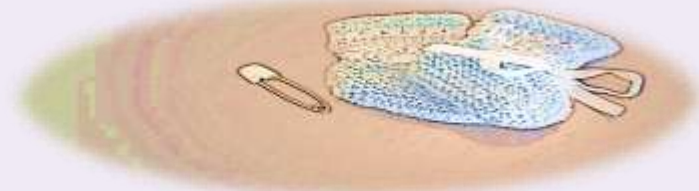
The cause is set on finding out why babies and children die suddenly. The cause also strives to educate parents and health professionals on how they can prevent these tragic deaths. The day has since gone on to become a much-loved and iconic fundraising event. Now, over 30 years after the first event, thousands of people across the whole of Australia take part in Red Nose Day fundraising events.

The Red Nose symbolises fun. It's a childlike thing that helps bereaved families acknowledge and celebrate the babies and children they have lost. Get silly for a serious cause to help stop little lives being cut short and support grieving families.

Wear something **RED this Red Nose Day to support the event.**



A DAY IN THE LIFE OF GRANDMA



A Grandmothers account of being a Bereaved Grandparent

(Shared with thanks from-Red Nose Grief and Loss Services)

The Grandmother who wrote this beautiful story wishes to remain anonymous.

I tried to bring myself to call your number, but I couldn't. I re-read my story and got very emotional. I don't think I can talk about it... still. Yet, I would like others to read it, if you think it would help. If this in any way can be helpful to other bereaved grandparents, I want to share it. I recently pondered a few days about accepting the 'A Day in the Life of a Grandma Challenge' on Facebook.

Today, there is an explanation. A day in the life of a grandma? These 2 days I wish I never had, I wish we all never had. Not the actual days in the photos, I cherish these, but the 2 days and the many days and weeks that came after, 7 and 9 years ago.

These are my grandsons. Born 2 years apart. Both cherished. Both beautiful, healthy babies. Both born to the same parents. Both lost to SIDS. Both missed so much.

This is a Grandma Challenge. So, I'm compelled to share my own loss, as a Nanna. As a parent and grandparent this is a loss like no other. There is no name for the parent of a deceased child. Nor that to describe a bereaved grandparent. There are widows, widowers, orphans, but none to identify us, as if we are not supposed to recognise our loss... because it's not to be spoken of.

The loss is sudden, shocking, devastating, unexplained. A brutal, intangible, angry agony. It grips and crushes your whole being in a vice of despair. Witnessing your son and partner break into pieces, their hearts ground into a pale bloodless pulp, whilst your own heart is torn to shreds. Total helplessness and grief. Trying to support and comfort them and your other loved ones, whilst you struggle to even breathe yourself. Fearful of their ability to breathe themselves, to continue living beyond this hell.

For our family, not once, but **twice**.

To feel a kind of unwanted admiration as you see your son claw his way out of his own dark abyss, standing stooped, drained, vacant, almost, but finding deep within his own emptiness the love and strength to reach over the precipice and pull his remaining family out of that abyss to be with him. It's a gladness I cannot begin to describe.

SIDS remains a terrifying potential threat in our modern society. Much has been, and continues to be done to raise awareness, to educate, to research. And vast leaps have and are being made.

But it still happens. And we still do not speak about it.

Often, I remember. Often, I want to comfort. To share. To speak of our loss. To be comforted. For my own loss to be recognised. But mostly I do not. Afraid to remember, to remind. But the truth is we all do remember...and it's such painful torment. They did exist. They were loved, so much. I have had 3 grandchildren. I still have them. I have a beautiful granddaughter. Seeing her, holding her, laughing with her.... every single time the boys are there with her, in my thoughts, in my heart sharing her place there.

Whenever I see them – my son, his partner and my granddaughter – every single time, there is a vision of them all together... as they should be.

Would they like fishing, footy, grappling with their Poppy? Giving their uncle's cheek? Complain about Nana's whiskery chin when I smothered them in kisses? Oh, how I wish.

Today I nominate all Grandparents to love and cherish your grandchildren. Take lots and lots of pictures. Bore your friends with them....and post (with due caution) as many beautiful pictures as you want, with explanation!

****Red Nose Grief and Loss Services are here for anyone affected by the death of a baby or child.***

Call our 24/7 Support Line on: 1300 308 307

or visit us at Support Resource Library: rednosegriefandloss.org.au



Practicing the 3 Cs of Grief: Choose, Connect, Communicate

For those who are on this road called grief, there are some things we can begin doing to help ourselves.

We can start practicing the 3 Cs of Grief: Choose, Connect, and Communicate.

Choose – we get to choose what is best for us. Often when we have lost a loved one, grief brings a sense of loss of control. We may feel as if we have to accept all that life has thrown at us and with no choice of our own. This is far from the truth. Even when our hearts are heavy and burdened, and we can barely shower, we still possess the dignity of choice. Grief brain is a real thing, and if you find that your brain is muddled and cloudy and you really can't think clearly, engage the help of a close friend or family member. It's okay to gain insight from someone who cares about you and has your best interest in mind. You still have the final say and can choose what is best for you as you navigate this journey.

Connect – Grief in and of itself can be very isolating and exacerbate feelings of loneliness. Whether you are a total introvert and usually enjoy your own company, remaining connected with people during this challenging time is crucial to our mind and well-being. As you walk the grief journey, staying connected to those who love you and supporting the place you're in right now is essential. Although no one can fix your grief, just having another person present, without saying a word, can help immeasurably. We are not meant to do this life alone.

Communicate – Communicating and sharing openly and honestly about your needs and what works best for you right now will help your friends and family know how best to come alongside you. During those moments when we break down and the tears, fears, and anger come communicating with your support system will help you begin to heal. Although it's not only natural during the grieving process and relatively normal, one of the worst things we can do is isolate ourselves or wear a mask, acting like everything is fine. We must try our best to communicate and be transparent about our feelings.

Grief is hard. Just because you're grieving doesn't mean you're a burden to those around you. If we don't communicate how we feel and what we need, our family and friends won't know what is best for us. We all handle grief differently – in our own time and in our own way.

We are navigating a road that doesn't have GPS guidance. We must find our way and do what's best for us. We just don't have to do it alone.

When we speak about our loved ones who have died, please listen. We know you may have heard the stories before – sometimes more than once – but for us, those are the only stories we have. We cannot create new memories, so we hold onto the ones we do have, and telling them keeps our loved ones close.

Please don't act bored or dismissive. Talking about them is a way of honouring their life, of keeping their presence alive in this world. For us, the longing to speak their name and share their story never fades. It's not about moving on – it's about making sure they are remembered.

Your listening is an act of kindness. It tells us our loved one still matters, and that they are not forgotten.



POEMS and QUOTES

EVERYWHERE

You are not here, and yet you are everywhere.

I cannot see you, and yet I can see the evidence of how you so richly poured yourself into my world.

I cannot hear you and yet your voice is in everything I do from day to day.

From the first glimpse of the morning sun to its last glimmer.

I cannot touch you and yet you have left your imprint all over my life.

I wake – you are there.

I sleep – you are in my dreams.

I busy myself – and something about you finds me there too.

You are not here, and yet you are everywhere.

by ullie-kaye

Sometimes I don't cry, but my heart grows tired from missing you.

Author Unknown

In French, you don't say: "I miss you" You say: "Tu me manques"
Which means: "You are missing from me"

I love that.....

by The Puddle

I REMEMBER YOU

The world may never notice, if a rosebud doesn't bloom: or even pause to wonder if the petals fall too soon.

But every life that ever forms, or ever comes to be, touches the world in some small way, for all of eternity.

The little ones we longed for, were swiftly here and gone, but the love that was then planted, is a light that still shines on.

And though our arms are empty, our hearts know what to do.

Every beating of my heart says: "I Remember You"

by Author Unknown

*It's about who stands in the rain with you, when they also have a choice to be dry.
Remember that... by Frank Caprio*

Sometimes the strength within is not a big fiery flame for everyone to see, it is just a tiny spark that whispers ever so softly,

"Keep going, you got this"

by Humanity Central

It never occurred to me that ordinary could disappear so completely.

That every day moments would become memories instead of routines. That goodbyes weren't just "see you later" and not true goodbyes. That your presence here was permanent and that the days would repeat forever.

by grievingparents -Sandy&Reed





**NATIONAL GRIEF
AWARENESS DAY**
Creating Space for Healing
30th August, 2026

National Grief Awareness Day is observed annually in Australia on 30th of August. This annual day of observance is an opportunity to initiate conversations, offer support, and encourage healing through awareness, understanding, and compassion.

Fostering Empathy and Understanding

National Grief Awareness Day reminds us that grief touches everyone. By cultivating empathy, we create more compassionate and resilient communities. Grief should not be denied, suppressed, or hidden; it needs to be witnessed and honoured.

Supporting someone who is grieving can make a tremendous difference. Though you can't eliminate their pain, small caring gestures can be deeply healing.

Here are a few ways to help:

Listen without giving advice about how to feel or how to grieve. Offer a safe space where emotions can be expressed freely.

Acknowledge the loss. Simply saying "I'm so sorry for your loss" can be more meaningful than you think.

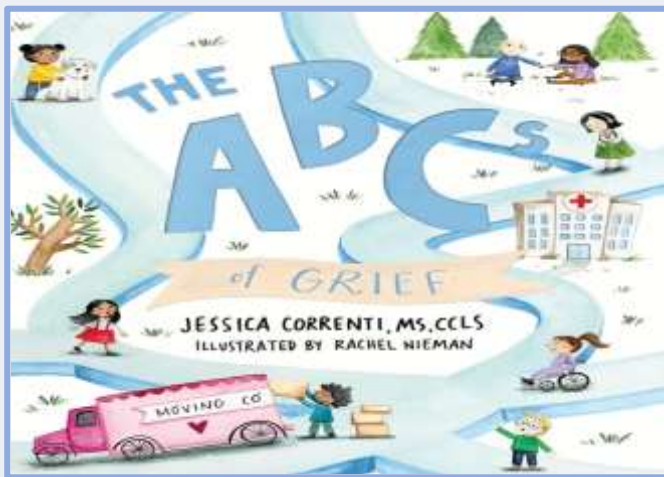
Be patient. Grief doesn't have a timetable or schedule. Try not to pressure someone to "move on."

Offer practical, tangible aid. Home-cooked meals, help with errands, or simply checking in regularly can be invaluable.

Respect the fact that people grieve differently. Some people grieve privately; others seek community and connection. Respect and honour both.

Let's resolve to open our hearts to those who are grieving. Whether by checking in on a friend, sharing your own story, or simply offering a listening ear, your compassion can make a difference.





The ABCs of Grief by Jessica Correnti, MS, CCLS

Grief is messy and complicated. This book helps kids process their grief through simple, relatable, child-friendly language.

The ABCs of Grief is a children's book that walks through each letter of the alphabet to unpack different aspects of the grief experience.

Grief is messy, confusing, and overwhelming for all ages—but especially young children who are trying to make sense of the big changes and losses happening around them.

Perfect book for children facing grief related to: death, moving, illness, traumatic medical experiences, new diagnoses, natural and manmade disasters, big changes with school or other activities, feeling 'different' from others, abuse, immigration, foster care, absent or distant caregivers, and more.



A PODCAST DESIGNED FOR MEN WHO HAVE EXPERIENCED PREGNANCY OR INFANT LOSS

A Resource for Grieving Dads

A podcast dedicated to helping dads navigate their grief journey. It's especially significant as one of the co-hosts of the podcast is Brian Scruton, the Vice Chair of First Candle's Board of Directors. Brian and his wife Lindsie lost their baby Austin in January of 2019. Since then, they have both worked tirelessly to raise awareness of Sudden Unexpected Infant Death (SUID) and offer support to other families whose baby has died. In addition to Brian, the podcast is being hosted by two other dads. Their existing friendships were strengthened by mutual support around pregnancy or infant loss. Brad Kogut and his wife suffered six miscarriages over the course of four years, with one successful pregnancy, and Brandon Thurman and his wife lost their daughter in 2019.

"A podcast can be a safe space for people to listen and grieve, and you can do it wherever you are," Scruton says. Unfortunately, there aren't many resources available specifically for dads, something we have become aware of through our focus groups and research. The trio want to break the silence around dads and grief. We want to let dads know they are not alone, and to help them grieve in the way that dads grieve," Kogut says. "Group therapy is not for everyone. "The program at the outset will include a discussion of general perceptions of paternal grief, with each host outlining his own bereavement experience around miscarriage and infant loss. Podcast listeners will have the opportunity to submit questions and make requests for topics via email (guysandgrief@gmail.com) and the Facebook page. As the program format progresses there will be guest speakers, lighter moments "when appropriate," and a goal of developing a diverse community across generational, cultural, ethnic and gender-identifying spheres. There is also a hope that the program may provide health care providers and other existing sources of support for families with an additional resource for grieving fathers and extended family members as they cope with infant and child loss.

Guys and Grief can be accessed by



and a link to the podcast will also be available on the First Candle website.

WALKING THROUGH GRIEF by Tony Gee

Tony Gee is the bereaved father of Nell, 15. He has held a long association with The Compassionate Friends Victoria primarily through board membership and group facilitation.

After the death of my youngest daughter in 2005, like many parents struggling with the enormity of such a loss, I really didn't know what to do and how I would possibly cope.

As a psychologist I felt perhaps even more challenged as I knew the 'theories', I knew what I was perhaps supposed to do, supposed to feel even, but little seemed to help for me.

But now, on reflection, some things did. This is a brief story about one of these things. After many sleepless nights, many late cups of tea (and stronger mixes!), much wandering aimlessly and emotionally around a shrouded house, I found myself, early one morning, well, walking. In the dark, pre-dawn, I found myself walking the local streets. I didn't set out with any conscious idea that walking would help my grief. I didn't set out to do walking 'therapy'. It just happened. And walking sort of took on a life of its own. And as I walked, I found that I experienced many emotions. Sometimes I felt great anger, sometimes tears came and sometimes a strange kind of calm acceptance would settle over me. I didn't seem to have a lot of say in these emotions, they just came, and went. So, I allowed them, I welcomed them. I also found that I would walk and talk to myself and talk to my daughter. Sometimes there seemed only the two of us in the darkness and then sometimes, there was just me.

Walking soon became my early morning ritual and I walked in this way for many, many mornings. If for some reason I was unable, I missed it dearly. Over time, I began to reflect on the reasons why walking was so helpful. In retrospect, I now realise that in some ways I walked not just with my grief, but through my grief. And if this was so helpful, why wasn't it talked about more, or regularly recommended as a way of helping to cope with one's grief?

Having a brief look at the literature, it would seem that science has discovered what most of us, (our bodies, minds and spirits) have already intuitively long known, and I found there is now a growing body of evidence that links exercise (especially low impact exercise like walking) to all sorts of physical benefits, like reduced heart disease, lower blood pressure and a positive impact on a whole range of illnesses.

There is also growing acceptance of the link between exercise and mental health, and, in particular, a newer understanding of the positive links between exercise, trauma and healing.

I realised too that there are also ways of walking which, knowingly or unknowingly, tap into age old stress and trauma management principles (of bilateral movement) that underlie successful contemporary stress and trauma management techniques such as EMDR and EFT.

But that's a whole other story. What is worth noting here is that walking helps with grief. And particular ways of walking, with conscious intent, in certain spaces and places can help even more.

While I am now 'further down the track' than many, one of the things I have learned is that life does go on, whether we wish it to or not, and it is critical in our own grief journey to realise that we are always challenged by how we are going to live that life. And although we may feel it at times, we are not completely powerless in our grief. As Attig4 states, grieving does not have to be passive, we do not have to be helpless but can make active choices towards healing. For me walking was one of those choices.

And finally, I am not saying that walking 'fixes' grief or suddenly transforms it in some magical way, but I am saying that walking is a way of embracing our grief and our need to continue on the road of life in what can ultimately be a healthy, positive and constructive path.

I still walk regularly (with unfortunately some gaps!) and my daughter, in her own way, still accompanies me.

Both our journeys are different now, but we still enjoy the time together.

INTERNATIONAL BEREAVED FATHER'S DAY

SUNDAY 30th AUGUST 2026



It takes a strong man to be a Father, but an even stronger one to be a grieving one.

International Bereaved Father's Day is observed on 30th August 2026. It is a day to acknowledge and support fathers who have experienced the loss of their child. This day recognises the unique challenges and grief experienced by bereaved fathers, providing a space for them to acknowledge their loss and connect with others who understand.

International Bereaved Father's Day serves as a crucial reminder that grief doesn't discriminate based on gender. Fathers who have lost children deserve acknowledgment, compassion, and understanding as they navigate their unique grief. By shedding light on their pain, we create a compassionate space that allows both parents to grieve, heal, and find solace in each other's arms.

Through open conversations, connection, and shared experiences, these fathers can find solace in knowing they are not alone on their journey through the depths of loss.

This International Bereaved Father's Day, remember your child's love and the beautiful bond you shared, even though they are not physically present. Find solace in the cherished memories and the enduring love that transcends time and space. Your love for your child shines brightly, and their spirit continues to inspire. It is a heavy, quiet kind of courage to be a father who carries his child only in his heart.



Father's Day for Dads who have lost a Child:

This day is still ours – by Barry Kluger

I imagined I would always be a father, and that I would use every opportunity to parent, maybe not my child but someone else's, through being the kind of person I am. Dads like us love, nurture and never stop being what we are. We are fathers.

That day in April 2001, I joined a club. It's very select. They don't have dues. They don't have a clubhouse. They don't have a secret handshake. They don't have a membership card. But the cost to join is high, and while everyone can afford it, no one wants to be inducted.

Another Father's Day is upon me. I still struggle sometimes to find my way back to "normal," whatever that means. And while the people mean well, they say stupid things like "she's in a better place." Well, if it's such a great place, then that's where you should go when you are 80, not 18. We know what to do when we lose a job. We know what to do when we have a flat tire. We know what to do when we see someone in trouble. We don't know what to do when we lose a child. Nothing prepares us for what we have to do, or feel. Sometimes, we don't feel at all, and we feel bad when we don't cry. And when we do cry, we feel it's not enough. Father's Days later, there are still a lot of things I don't understand. I don't understand a lot of the things I am feeling, or not feeling. But I do know I miss Erica. I loved her more than I can ever say. They say a father's love for his daughter cannot be described in words. . . . I cannot find the words. The love is in my smile when I think of her, in my tears when I think of her, in my laugh when I think of her. I will forget when the dishwasher is not emptied and wonder why Erica forgot to do it, and then I will stop and remember why. And give anything to have her back. And for the rest of my life, I will have to make sense of this jumble of emotions. When we are young, we know all the answers. When we get older, we know all the questions; we just don't have all the answers. I wish I knew the answer to "Why?" I will remember Erica forever, and I ask that you do the same for all the Ericas of dads out there today. To the dads, for whom the pain will always be there: Don't let people tell you it will take time. We should not let time heal all wounds. We have all been wounded, hurt and saddened, and if we let time heal, we will forget these people - and that is something we must never do. I ask of all of you reading this for Father's Day to do all us dads a favour. Walk down the hall and hug your kid's goodnight, or if they are away at school or living on their own, pick up the phone and tell them you love them. We need to know that. If you know a dad who lost a child, call and tell him you know Sunday will be a difficult day, but you were thinking of him. We need to hear that. And if you are out and about, stop and give a moment's recollection of the children who are gone. Believe me, wherever we are, we dads will feel that.

And for all those mums and dads and others out there who wonder if we still want to celebrate today and if this day is ours - it still is our day and always will be. "Happy Father's Day"

Shared with thanks from TCF Johannesburg Chapter newsletter

If you're embarrassed because you have some notion about how men are supposed to behave, and it doesn't include weeping, then you have some personal work to do.

by Ray Bradbury

Gentle Wishes for Bereaved Dad's



FATHER'S DAY

May the day be Kind



The Unspoken Title

The world might see a man who stands, with quiet strength and steady hands, but underneath the surface glow, is a depth of love they'll never know.

For fatherhood is not defined by the years or days left far behind, nor by the laughter in the hall, or height marks measured on the wall.

It's in the way you breathe their name, though life will never be the same.

It's in the ache, the pride, the tears, that bridge the gap across the years.

So, on this day, please hear it true: The bond of love remains in you.

A father's heart, a father's grace, no span of time can ever erase.

Though they are gone from earthly view,

Your child's light shines on..... through you.



Author Unknown



HEAVENLY BIRTHDAYS



FOREVER YOUNG

FOREVER LOVED

FOREVER MISSED

JULY

3rd July, 1998 – **Guy**, son of Elizabeth & Nigel

8th July, 1999 – **Mathilda**, daughter of John

21st July, 1988 – **Jack**, son of Robyn & Mick

AUGUST

1st August, 1999 – **William**, son of Rebecca & Michael, sibling to Olivia & Emma

20th August, 1999 – **Jamie**, son of Binita & Michael, sibling to Airlee, Logan & Mae

*To Dear Jamie – Happy 27th Birthday
Love you lots and always
Mum x*



27th August, 1993 – **Matthew**, son of Deborah, sibling to Levi & Natacha

SEPTEMBER

2nd September, 1986 – **Alex**, son of Lindi, sibling to Aaron

4th September, 1998 – **Hayley**, daughter of Justine, sibling to Danny

24th September, 1988 – **Aaron**, son of Lindi, sibling to Alex

♥ *"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 prefer this to not 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}

JULY

1st July, 2015 – **Aurora**, daughter of Julie & Jonathon, sibling to Cordelia

AUGUST

12th August, 2022 – **Jessica**, daughter of Sarah & Michael

19th August, 2024 – **Edmund**, son of Rachel & Walter

24th August, 2018 – **Natasha**, daughter of Diana & Daryl, sibling to Alana

Our beautiful first-born daughter. Loving you is precious, losing you has forever broken our hearts. I love praying and talking with you every day, especially when you send us so many messages with your quick wit and great sense of humour. Thank you for blessing us with our beautiful grand-daughters ❤️❤️ Zara & Goldie who are mini "Natasha's" and beautiful just like you.

Love and miss you forever - Mum, Dad & Alana xxxxx

Our Forever Angel in Heaven ❤️

*Natasha Dana Gowan
nee Brooks*





28/11/1980 – 24/08/2018

SEPTEMBER

4th September, 2022 – **Hayley**, daughter of Justine, sibling to Danny

21st September, 2023 – **Courtney**, son of Helen & Stepson to Mark

3 years, (1,095 days) and not a day goes by without you in my thoughts. The silence where your voice should be is so loud today, and my arms ache for the simple reality of just hugging you. I miss you, Courtney. You should be here, and since you can't be, I carry you with me in stories, in love, in everything I do. My heart keeps your memory alive. Love Mum x  



21st September, 1991 – **Allison**, daughter of Terry & Lynette, sibling to Andrew & Matthew

26th September, 2023 – **Jamie**, son of Binita & Michael, sibling to Airlee, Logan & Mae

How can it be 3 long years without you. I miss you so very much and it is still so painful. I miss our daily chats and my hugs from you. Love always, Mum x



❤️ *"Though they are gone, their light continues to shine in our hearts"* ❤️

A Letter from Lesley Henderson
Editor of The Compassionate Friends Newsletter – Otago (New Zealand)

Dear Friends,

As the years pass (now over 20 years since the death of our son, Ben), I have been reflecting on how I am going in this grief journey and what has changed since those first few dreadful years. I guess the big change is, we are happy, all doing well in our various jobs and living life fully. We are more able to talk about Ben without the deep pain and grief which was so hard. Most times now, people who we meet for the first time, do not sense an underlying sadness and emptiness which I feel was often there in those early years no matter how hard we tried to hide it. All in all, I must say we appear and are in many ways “Normal”.

But of course, for us, as for many families whose beloved child or children have died, this is a new normal and there are still many things which sets us apart from those not traveling this grief journey.

I am still more emotional and tears are closer than before; after 19 years of editing this newsletter, I still shed many tears while reading and selecting articles and I also cry easily when hearing of the death of a child or even watching some TV programmes where this happens.

I still have Ben’s favourite clothes on a shelf in my bedroom and have his toilet bag sitting in the bathroom. Often glancing at these while going about my normal day can make me smile or at other times make me wistful and sad. I’m sure people who are not grieving would think ‘why have them there if they make you sad’ but as I said they just as often make me smile!!

We love listening to ‘Ben’s songs’ several of which we played at the funeral and others which were favourites of his, and I still have solitary times of looking through his photo album which also includes newspaper clippings about his accident and poems from friends after his death. And as with his clothes and toilet bag all these activities sometimes bring smiles and at other times sadness.

Interesting, isn’t it that we do things which may bring sadness. For me I’m thinking it is around doing something which brings Ben to the fore. Although he is always around and, in our hearts, and thoughts, life is busy and we can’t always be focused on him or our grief so having these things is like having a pause button in my day to quietly remember.

As you all travel in this journey, take time to reflect and see where you are and notice ways things are changing and remember your child will always be with you, in your memories, in spirit and in your thoughts.

Take care of yourself and your loved ones.



MUSIC for GRIEF

Music can be a powerful tool for navigating grief, offering validation, emotional release, and solace. Grief has always inspired songwriters. Popular songs including “Let Me Go” by Gary Barlow, Eric Clapton’s “Tears in Heaven” and “The Living Years” by Mike and the Mechanics, were all written as a way of working through the grief of losing a loved one. “Tears in Heaven” deals with the sudden loss of Clapton’s four-year-old son. Barlow’s “Let Me Go” however, is a remarkably upbeat and joyful record, written from the perspective of the pop star’s stillborn daughter, Poppy. Barlow has said that writing the song in the voice of his daughter helped keep her memory alive and offered an opportunity for celebration as well as grief. Nick Cave’s, “Skeleton Tree” recorded immediately after his son, Arthur’s death and later recorded an album, “Ghosteen”. Jethro, his youngest son, died 3 years later.

The songs are as poignant and heartrending as you might expect from something written about close family bereavement.

Grief often leaves us without words, creating a silence that can feel heavy and isolating. During these times, music can step in as a 'predictive sonic architecture'—a steady, rhythmic framework that holds us when our world feels chaotic. Whether it’s a song that mirrors our deepest sadness or a melody that brings a fleeting moment of peace, music offers a safe container for our emotions.

When words aren't enough, music can be a powerful companion on the journey through loss.

Here is why it helps:

A Safe Container: A song has a beginning and an end. It allows you to sit with a difficult emotion for a couple of minutes, knowing there is a boundary to the experience.

Validation: Listening to 'sad' music isn't 'wallowing.' It’s a way of mirroring your internal world, helping you feel seen and less alone in your pain.

Continuing Bonds: Hearing a loved one’s favourite song can create a sense of 'co-presence,' allowing you to feel their spirit and maintain a connection through shared melodies.

Neurological Relief: Calming rhythms can physically lower your heart rate and cortisol levels, giving your nervous system a much-needed break from the 'fight or flight' of active grieving.

Music serves as a bridge between the silence of loss and the need for expression. Whether you find comfort in a familiar melody that honours a loved one’s memory or seek solace in the wordless embrace of a classical score, allow these sounds to meet you exactly where you are. Grief has no set timeline, and neither does its soundtrack; let the music hold space for your healing, offering a gentle reminder that even in the quietest moments of sorrow, you do not have to walk this path in total silence.



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 Kebbell



Support Services

Please find here details of support services which may be of assistance to grieving parents.

Centacare

Centacare offers a confidential, professional counselling service for those confronted by loss and grief and work to provide a sympathetic and practical support as people journey through the grieving process.

www.centacare.org.au

Grieflink

Information resource for the bereaved and grieving, their carers, friends and colleagues, and for health and welfare workers.

www.grieflink.asn.au

LIFELINE

LIFELINE provides a 24hr telephone counselling service that is compassionate, non-judgmental, confidential and supportive of people from all walks of life, in need or in crisis. Counsellors are trained to help with crises in areas such as isolation, relationship difficulties, loss and grief, mental health, etc. LIFELINE has been helping South Australians of all ages, religions and social groups since 1963.

Services provided: Telephone counselling 24 hours 131114 Grief education classes as part of training of telephone counsellors.

www.lifeline.org.au/Get-Help

Loss and Grief Service (Anglicare)

A specialised loss and grief counselling service for people of all ages who are bereaved or experiencing other types of loss. Fee for service with fees structured to ensure everyone is able to access counselling support. AnglicareSA Loss & Grief services also offer support groups and grief counselling for children and young people.

www.anglicaresa.com.au/support-disability/loss-grief

Living Beyond Suicide

A free program providing practical and sensitive support to families and individuals bereaved through suicide. Staff and specially trained volunteers can offer home visits and telephone support. The service is available from 10am to 10pm, seven days a week. Anyone in the community can contact Living Beyond Suicide directly to access support. Living Beyond Suicide hosts the annual walk of remembrance "Walk Through the Darkness" in November.

www.anglicaresa.com.au/support-disability/loss-grief/living-beyond-suicide

Pregnancy Loss Australia

The program offers support meetings across Australia for bereaved families. The meetings offer the opportunity to share, connect & relate with others who have experienced the loss of a baby. The meetings are set in a relaxed friendly atmosphere that enables you find extra support. We hope you come away feeling supported and understood from sharing amongst others who have had similar experiences.

www.pregnancylossaustralia.org.au

SANDS SA - SANDS offers support to all bereaved parents and relatives who have suffered the death of a baby anytime from conception through to 28 days after birth – this includes, miscarriage, neonatal death, stillbirth, ectopic pregnancy and genetic/medically advised termination.

www.sandssa.org

SIDS and Kids (Sudden Infant Death Syndrome)

SIDS and Kids provide bereavement support for all sudden unexpected deaths from conception up to and including 6 years of age. The cause of death could be SIDS, accidental death, fast onset illness, stillbirth or drowning.

www.sidsandkids.org.au

Support after Suicide

The impact of losing someone to suicide can be intense and overwhelming. We have information and resources and we provide counselling and group support directly to those bereaved by suicide. Support After Suicide is a program of Jesuit Social Services and is funded by the Department of Health under the National Suicide Prevention Strategy.

www.supportaftersuicide.org.au

Teddy Love Club

Pregnancy and infant loss support.

We are a support program for bereaved parents' family & friends who have suffered any gestation loss of their baby to miscarriage, stillbirth, genetic induction or neo natal death.

www.teddyloveclub.org.au

TCF Victoria

www.compassionatefriendsvictoria.org.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 UK

www.tcf.org.uk

TCF USA

www.bereavedparentsusa.org

Alive Alone

Parents living alone with no surviving children

www.alivealone.org

Rural Resources

Adelaide Hills Bereavement Services

Phone: (08) 8393 1888

Southern Fleurieu Bereavement Support

Phone: (08) 8552 0600



The Compassionate Friends
South Australia

0456 820 133
PO Box 26
Kent Town
S.A. 5071
tcfsa@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 - Single 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