



## Friendship & Support

### The Compassionate Friends South Australia

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



## 24 HOUR Grief Support

Telephone 0456 820 133 - Free call 1300 064 068

Supported by Bereaved Parents, Grandparents & Siblings

[www.compassionatefriendssa.org.au](http://www.compassionatefriendssa.org.au)



# Committee Update

## TCF SA Mission Statement

The Compassionate Friends is a non-denominational, mutual self-help organisation offering friendship & understanding to bereaved parents & siblings. The primary purpose is to assist each other during the grief experienced upon the death of a child and to support our efforts to achieve physical and emotional health. The secondary purpose is to provide information & education for bereaved parents, grandparents & siblings. The objective is to help those in the community including family, friends, co-workers & professionals to offer appropriate support. We have no religious affiliation.

President - Karen O'Brien  
Treasurer - Deborah Morgan  
Secretary - Tracey Rains

### Committee:

Allison Houghton,  
Natasha Morgan,  
Trish Collins

Email: [tcfsainc@outlook.com](mailto:tcfsainc@outlook.com)

**N.B.** We share our newsletter with organisations and businesses in SA for awareness and fundraising purposes. We try to be discrete. If you would rather that your information was not shared, please do let us know.



Firstly: May we wish all of the retiring Committee all the best in their future ventures and extend our gratitude for all their many hours of work and support in the many years that they served on the committee.



## Meet the new committee team



President-Karen O'Brien



Treasurer- Deborah Morgan



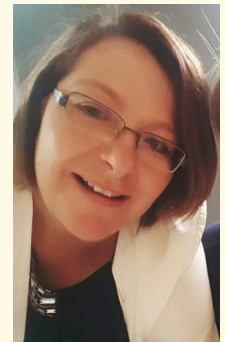
Secretary-Tracey Rains



Allison Houghton



Natasha Morgan



Trish Collins—Editor

The Committee are sorry for the lateness of this edition of the Newsletter, and thank you all for your patience. We have needed to wait until our new Committee was formed and the continuation of the Compassionate friends of SA was confirmed before we could send out the good news.



# Committee Update

## The Compassionate Friends SA has been given a lifeline.

Being on the committee is a rewarding experience and a labor of love

On the brink of folding, we have been given new hope, new dreams, ideas and a new committee.

You've gone through perhaps the most difficult time of your life—the death of a child from your family whether a son/daughter, sister/brother, or grandson/granddaughter.

It is possible you found support through The Compassionate Friends where others who had experienced a similar loss but were, perhaps, further along in their grief helped you survive a time you thought unsurvivable.

To allow this worthy organisation to fold, would have been an atrocity, one that we couldn't allow to happen. We felt a need to help the grieving parents here with us now, and God forbid, those in the future to continue with the support and compassion needed helping others get through the most difficult time in their lives.

I would like to introduce myself and other committee members to you.

President.....Karen O'Brien (bereaved mother of Nathaniel 19)

Treasurer..... Deborah Morgan (bereaved mother of Matthew)

Secretary.....Tracey Rains (bereaved sibling of Nathaniel)

Committee.....Trish Collins (bereaved mother of Ben)

Committee.....Natasha Morgan (bereaved sibling of Matthew)

Committee.....Allison Houghton (bereaved sibling of Sharron)



We look forward to hearing from you all and working on some new projects, with your thoughts and ideas. Volunteering for The Compassionate Friends is a wonderful way to honor the memory of the child(ren) who led you to TCFSA meetings and the friendships that you and others have shared as you've traveled a very difficult road. Or it is possible you may have heard of The Compassionate Friends and feel there is a need for a Chapter in your area. The Compassionate Friends is a rewarding experience and a labor of love—one in which TCFSA organization is ready to walk with you every step of the way. Looking forward to working with you and towards a better relationship within the Compassionate Friends.

Keeping you all in my thoughts

Karen

TCFSA President

Bereaved Mother of Nathaniel (19yrs)



## Recent events

### SOCIAL UPDATE

After a busy first 6 months of social activities with a dinner, walk and music concert, the 2<sup>nd</sup> half of the year has been quieter with winter and the rain setting in.

In August 2022 we enjoyed dinner together at The Arkaba Hotel Bistro . We welcomed a couple of new members to their first TCF social gathering. It was a great night catching up with friends and enjoying lovely food.



### SOCIAL EVENT WALKS

More walks will be advised soon.

## Upcoming events

The TCFSA Committee is pleased to confirm our next face to face monthly support meeting is on Wednesday 2 November 2022 at 7.30 pm at Cumberland Park Community Centre, (rear hall) Rose Nibble Room, 390 Goodwood Rd, Cumberland Park SA 5041.

If this is your first time attending please phone 0456 820 133 so we can arrange to meet you prior to meeting commencing at 7.30pm.

Thank you

Kindest Regards

TCF CommitteeThe TCFSA

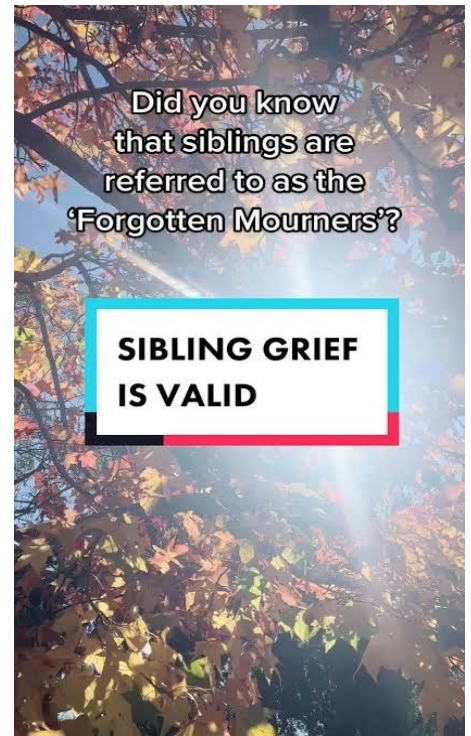


# What is Sibling Grief?

*“Siblings will take different paths and life may separate them...but they will forever be bonded by having begun their journey in the same boat.”*

– Zen to Zany

Sibling grief is not unique in itself but more so the sibling relationship is. Brothers and sisters share a history, each an integral part of the others past. We have common memories, the same childhood experiences and therefore mutual connections to the past that we will never



replicate with another human being ever. When a sibling dies you are not only robbed of their presence in the here and now, you are robbed of that special co-history and, most devastatingly of all, you are robbed of all your planned tomorrows. The ensuing loneliness and grief is a heavy burden to carry for the sibling(s) left behind.

## The Sibling Relationship

The following paragraphs describe the unique relationship better than we can;

“Sibling relationships obviously vary in their degrees of closeness, love, and amicability. Some siblings may be thick as thieves, others wonder whether they’re even really related. Regardless, siblings are our ties to family bonds. They have known us the longest. They understand our history and are the people with whom we have the longest running jokes.

They are our bridesmaids and our groomsmen. They are our children’s aunts and uncles. They bail us out when we’re in trouble, they loan us money, and then we loan it back. They are the most judgmental people we know. They are the most accepting and loving people we know. Siblings can never be replaced and when they are gone we miss the hell out of them.”

Extracts from [Whats Your Grief](#)

## Grieving the Loss of a Sibling

Grief is a normal response to the loss of a brother or sister. But adult siblings are sometimes called “forgotten mourners” because their grief is often overshadowed by the grief of other family members, such as the person’s parents, spouse, or children.

PTO

# What is Sibling Grief?

Regardless of the type of relationship you had with your sibling, you have the right to grieve. Family members and friends may not understand the role your sibling played in your life. So it is important to communicate to them that you need their support.

**A sibling's death can have many effects on a person, such as:**

## **The loss of a long-term relationship**

Siblings are often deeply connected with each other. They have been present in each other's lives through all of their ups and downs. So their death may represent the loss of a friend, protector, and confidant with whom you share many memories. You may grieve the loss of your past relationship and the role you pictured your brother or sister playing in your future.

Guilt

Sibling relationships can be complicated. They may involve love and affection as well as rivalry, jealousy, and arguments. You may feel guilty about things you once said or did. Or you may regret that you did not maintain a closer relationship. You may also replay "what if" and "if only" scenarios in your mind. Or you may experience "survivor guilt," questioning why you were not the one who died.

## **The redefinition of your role in the family**

Family members have different, sometimes unspoken, roles and responsibilities that may change when a sibling dies. You may take on new responsibilities, such as becoming the oldest child or an only child to whom family members look for leadership. This change can cause you to feel more stress or resentment during the grieving process.

## **A fear of your own mortality**

Losing someone we love thrusts us into a deeply vulnerable position. We experience a range of emotions unlike anything before. We are fiercely reminded of our mortality and the precariousness of life in general. We fear more loss and more unexpected events.

## **Some tips for coping with the loss of a sibling**

Everyone copes differently with the loss of a sibling. There is no right way to work through your feelings of grief. And there is no specific amount of time that it takes to recover from those feelings. The following tips may help you throughout the grieving process:



# What is Sibling Grief?

## **Share your grief with other family members**

Your entire family is grieving the loss of your brother or sister. But each person grieves in his or her own way. Talking about your shared grief can help you work through your pain and sadness together.

## **Take care of your physical health**

Help ease some of your fear about your health by focusing on developing and maintaining a healthy lifestyle. Have regular check-ups and get medical tests as recommended by your doctor. Compile your family's medical history and share it with your doctor and other family members.

## **Forgive yourself**

Siblings compete, argue, and challenge each other. Forgive yourself for any unkind things you did or said or for things you wish you had done or said but did not. Forgive yourself for not maintaining a close enough relationship with your sibling. It does not mean you did not love him or her.

## **Find support outside your family**

It can be helpful to seek support from your family. But it can also be hard for some family members to provide consolation while coping with their own grief. Consider talking about your loss with people outside your family, such as a close friend, a clergy member, or a grief counsellor. Support groups can also provide a setting to talk with others who share and understand your experiences and feelings.

## **Take care of your mental health**

Feeling extremely sad or numb are normal reactions to the loss of a sibling. But sometimes these and other symptoms of depression do not lessen over time, and feelings of hopelessness, anxiety, or anger can begin to affect your daily life. If you feel this way about your grief, ask your doctor about grief therapy. Medication may also help manage depression related to grief.

## **Find ways to remember your sibling**

As the pain of grief begins to ease, it may feel like you are beginning to forget your sibling. Finding ways to memorialize your brother or sister can help keep his or her memory alive and maintain a feeling of connection. You may decide to make a family memory book with pictures, stories, or other mementoes contributed by different family members. Or consider volunteering with a charity that was important to your sibling.



# Social Events

**Anglicare SA: Join us as dawn breaks on 'International Survivors of Suicide Loss Day' in memory of a loved one, to support others bereaved by suicide, and for suicide prevention.**

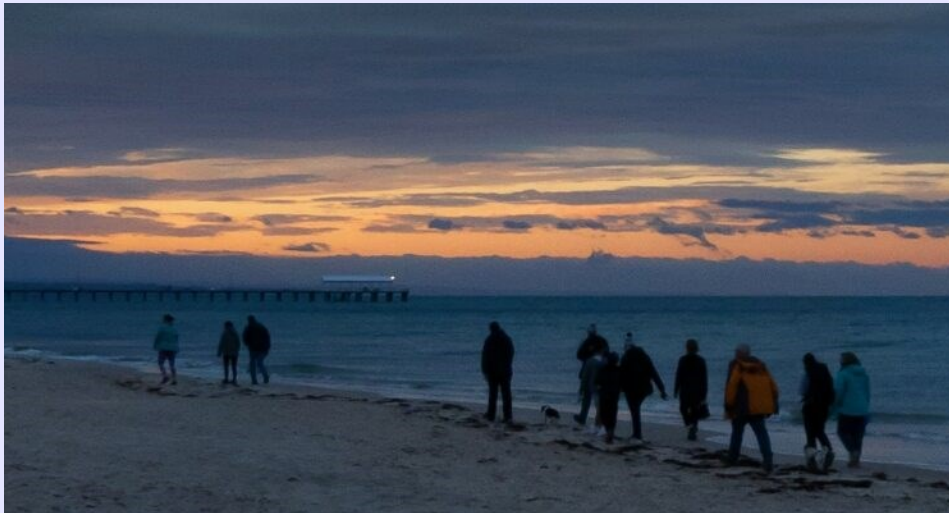
*The walk through the Darkness event* –Saturday 19th November-will be the twelfth held by Anglicare SA since 2009.

Join us for a 5am start at West Beach or Tennyson Beach (locations below) and walk in solidarity with those touched by suicide. You can join for part, or all of the journey or meet us at the conclusion from 6.30am at Henley Square for a Remembrance Ceremony and light breakfast.

Join us at: West Beach 5.00am, Adelaide shores Sailing Club, Barcoo road

Or at: Tennyson 5:00am, Oarsman Reserve, opposite 183 Military road

For More Information about the event please call 1300 077 798



“A person never truly gets over a suicide loss. You get through it. Day by day. Sometimes it’s moment by moment.”

“Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape.”





# Social Events

## World day of Remembrance for Road Trauma Victims

Sunday 20th November 2022, see flyer for more information



## THE COMPASSIONATE FRIENDS CHRISTMAS GATHERING

All members and Committee are invited to attend the Annual Christmas BBQ, Saturday 3rd December 2022, 3pm until 6pm on the lawns of the Cumberland Park Community Centre, 390 Goodwood road, Cumberland Park SA..

You are welcome to bring along something to honor the memory of your child, grandchild or sibling  
RSVP; by Wednesday 30th November 2022 to the Committee on either mobile 0456 820 133 or email [tcfsainc@outlook.com](mailto:tcfsainc@outlook.com) or Facebook messenger



# Holiday Season Tips

## Your first holiday season after a bereavement

Milestone dates and holidays are common times for grief to re-emerge at its most painful. If you are facing your first holiday season after a pregnancy, baby or child loss, it is common to wonder how you will tolerate or bear the pain.

**Here are five strategies you may find helpful as you face this difficult time of year.**

### 1) Allow for flexibility in your plans

Let your friends and extended families know that you need flexibility and understanding over this holiday season. Bereaved parents may need to cancel or change plans at the last minute or may not feel up to making plans at all. Let others know in advance that this may happen – manage your own and their expectations.

### 2) Anticipate that you may feel a range of conflicting or contrasting emotions – sometimes all at once

Grief is a complex, messy experience. It can prompt sudden, intense emotional responses, often to unexpected triggers. It is common to feel anger and frustration, deep sadness and loss, loneliness, despair, anxiety and fear. The holiday season is an intense period, so you may experience some or all of these even more intensely than you expected.

### 3) Think about any rituals you may incorporate to honour your baby or child

For some bereaved families, a ritual on important dates can provide some comfort. That ritual may be as simple as speaking about the loss. Some parents plant a tree, light a special candle, visit the cemetery or significant place, or add a memento to a Christmas tree, to remember their baby or child. There are a wide range of ideas online, many of which provide beautiful suggestions.

If nothing appeals or resonates in terms of a ritual, know that this is OK too, and common for bereaved parents. There is no right or wrong way in how families choose to keep their babies and children close.

### 4) Consider having external supports lined up in case you need them

Speaking with someone outside your personal network can be helpful. Professional support can form a part of this. During the summer holiday season, regular professional supports, such as psychologists and counsellors, are sometimes on leave.

If this is going to be the case, discuss with them in advance what other accessible supports, such as the **Red Nose Grief and Loss 24/7 Support Line** ([1300 308 307](tel:1300308307)).

Speaking with someone else who has experienced a similar loss, either through an online group or in person, might be a useful resource during this time. Try to create a safety net, which is there 'just in case'.

Try to create a safety net, which is there 'just in case'.

### 5) If shopping for presents is especially painful or triggering, consider buying gifts online instead

Shopping centres can trigger sensory overload at the best of times, let alone in December when you may already feel more vulnerable or fragile than usual.

Know that it is OK to protect yourself from some experiences if you need to, rather than believing you have to push through and do things purely because that is how you have done them in the past.

***Remember that you are not alone – Red Nose Grief and Loss Support Line is available 24 hours a day, 7 days a week every day of the year. Call us anytime on [1300 308 307](tel:1300308307).***





# Christmas

## Ways to show your love over Christmas

Leave a Christmas ornament or memento at your child's grave/memorial/special place.

Write a letter to your child.

Write a long Christmas card to someone who has helped in your grief.

Make Christmas cookies and decorate with the first letter of your child's name.

Take a long walk, dedicate the time to your child.

An adult letter to Santa - write the things you wish for your family, write them on cut-out paper stars. Sew the stars together to hang.

Write your child's name with a sparkler.

Make a list of love and appreciation. Sit down with family or friends tonight and spend some time talking about what you love and appreciate about every person. Write it down.

Look at a Christmas lights display - or make one of your own (it can be small).

Create a Christmas candle for your child - decorate a pillar candle or decorate a jar to hold a tea light candle.

Make/buy a Christmas keepsake and give to another bereaved parent. Ensure that you somehow incorporate something that relates to their child.

Find a way to take a Christmas photo of your child.

Make/Buy a Christmas decoration for your child.

Make a Christmas stocking for your child. Encourage family and friends to make Christmas cards, drawings etc., to place into the stocking on Christmas Day.

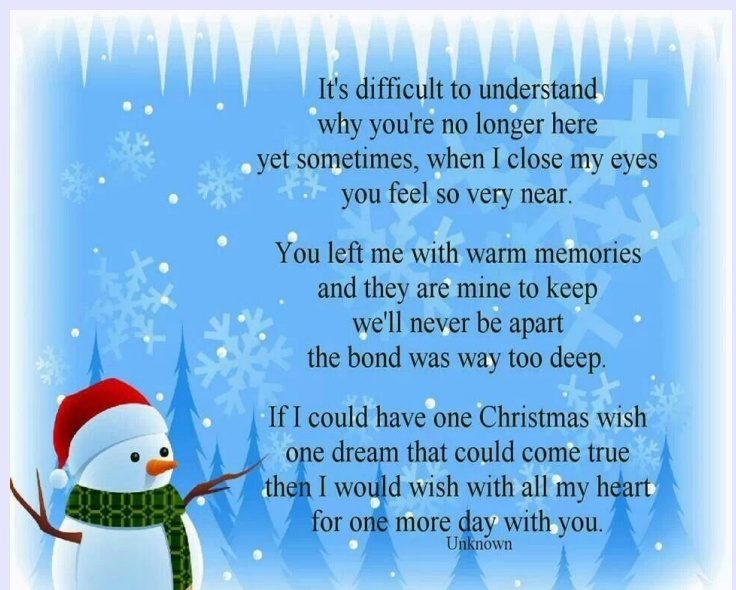
Buy a gift for a charity, for a child the same age as your child would be.

Make a Christmas wreath for your child (it needn't be large).

Make a Christmas scrap-booking page for your child.

Write a poem /Finding a Christmas poem or song that speaks to your heart.

Make an "in memory" Christmas Card, either to keep or to send to someone special.







## Heavenly Birthday's

12th Oct Chantae, daughter of Rebecca & Paul, sister to Codin & Chase

13th Oct Lisa, daughter of Annette, sister to Ian

26th Oct Andrew, son of Pauline & Graham, brother to Rebecca and Sarah

1st Nov Jason, son of Janette, brother to Belinda

5th Nov Paul, son of Janet & Brian, brother to Vicki and Peter

20th Nov Aurora, daughter of Julie & Jonathon, sister to Cordelia

23rd Nov Rocky, son of Diana & Angelo, brother to Lori

27th Nov Carl, son of Julie & Maurice, brother of Sonya

28th Nov Natasha, daughter of Diana & Darryl, sister to Alana & Lisa

11th Dec Jenna, daughter of Gina

20th Dec Tom, Son of Libby & Peter, brother to Andrew

24th Dec Christine, daughter of Lorraine, sister to Robert & Elizabeth

31st Dec Gemma, daughter of Kay,

31st Dec Nathaniel, son of Karen & Danny, brother to Tracey & Michelle



# *Anniversaries*



4th Oct Harry, son of Lynn & Dean, brother to Jack.

6th Oct Matthew, son of Dianne & Shaun, brother to Laura.

10th Oct Sam, son of Caroline & Ian, brother to Sarah

17th Oct Andrew, son of Pauline & Graham, brother to Rebecca & Sarah

20th Oct Lisa, daughter of Annette, sister to Ian

21st Oct Matthew, son of Deborah, brother to Natacha & Levi

2nd Nov Duncan, son of Liz, brother to Alister, Ross & Stuart

8th Nov Nathaniel, son of Karen & Danny, brother to Tracey & Michelle

23rd Nov Matthew, son of Sue & Peter, brother to Chloe & Holly

26th Nov Jason, son of Janette, brother to Belinda

27th Nov Miranda, daughter of Robyn

28th Nov Christine, daughter of Lorraine, sister to Robert & Elizabeth

3rd Dec Kathy, daughter of Patricia, sister to Mark, Emma, David, Julie and Mathieu

13th Dec Carl, son of Julie & Maurice, brother of Sonya

25th Dec Sam, child of Meredith, sibling to Lachlan & Abi



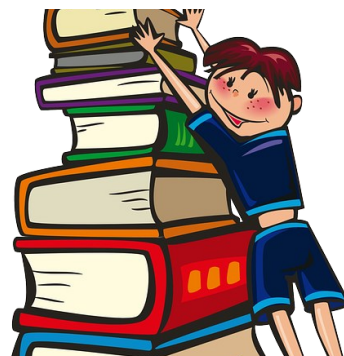


Compassionate Friends are please to be able to offer our members a great range of new books;

These books have been purchased with a grant from the Universal Charities fund.

Books will be available to borrow during support group meetings and are available to financial members only.

Not all books are available at all meetings .



**Healing a Parent's Grieving Heart**

**Alan D Wolfelt PHD**

**Sibling Grief, Healing after the Death of a Sister or Brother**

**P Gill White PhD**

**Where's Jess**

**The Goodbye Book**

**Todd Parr**

**Someone I Love Died**

**Tangvald, Christine Harder**

**Water Bugs & Dragonflies**

**Stickney, Doris**

**WHEN MEN GRIEVE: WHY MEN GRIEVE**

**Levang, Elizabeth**

**Setting Up and Facilitating Bereavement Support Groups, A Practical Guide**

**Graves, Dodie**

**Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies**

**Wray, T. J.**

**The Understanding Your Grief Support Group Guide: Starting and Leading a Bereavement Support Group**

**Wolfelt, Alan D., Ph.D., CT**

**The Invisible String**

**Patrice Karst**

**A Child's Grief: Supporting a Child When Someone in Their Family Has Died**

**Di Stubbs, Julie Stokes, Katrina Alilovic,**

**Weird Is Normal When Teenagers Grieve**

**Jenny Lee Wheeler**

**Grieving Parents: Surviving Loss as a Couple**

**Nathalie Himmelrich**

**Grieving & Growing: Developing & Leading Teen or Adult Grief Support Groups**

**Marge Eaton Heegaard**

**A Bereaved Father**

**Steve Younis**

**When a Grandchild Dies: What to Do, What to Say, How to Cope**

**Nadine Galinsky Feldman**

**Chicken Soup for the Teenage Soul: Stories of Life, Love and Learning**

**J Canfield, M V Hansen, K Kirberger**

**Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief**

**Cacciatore, Joanne**

**Don't Cry, Pappa: Surviving Persistent Depression and Heart-breaking Tragedies to Find a New Mission in Life**

**Skollingsberg PhD, Gunnar E**

**Shattered: From Grief to Joy After My Son's Suicide**

**Tervo, Rebecca**

**It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand**

**Devine, Megan**

**Man's Search for Meaning: Young Adult Edition**

**Frankl, Viktor E.**

**Grieving the Loss of Someone You Love: Daily Meditations to Help You Through the Grieving Process**

**Mitsch, Raymond R.**



Beyond Tears: Living After Losing a Child, Revised Edition	Ellen Mitchell
I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One	Noel, Brook
When The Bough Breaks: Forever After the Death of a Son or Daughter	Judith R. Bernstein, Ph.D.
Shipping	
Finding Meaning: The Sixth Stage of Grief	David Kessler
Child Loss: The Heartbreak and the Hope	Hinton, Clara
Heaven's Child: A true story of family, friends, and strangers	Flohr, Caroline
On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss	Kübler-Ross, Elisabeth
Visions, Trips, and Crowded Rooms: Who and What You See Before You Die	Kessler, David
The Empty Room: Understanding Sibling Loss	DeVita-Raeburn, Elizabeth
Chicken Soup for the Grieving Soul: Stories About Life, Death and Overcoming the Loss of a Loved One (Chicken Soup for the Soul)	
Footprints in the Sand: A Symphony of Grief	Canfield, Jack
Lifetimes: The Beautiful Way to Explain Death to Children	Tomei, Laura
When Bad Things Happen to Good People	Bryan Mellonie
Grief Works	Kushner, Harold S.
On Living	
Anxiety Cure	
Get Up Mum	
Baby Loss Guide	
A Grieving Mother	Marion Jones
The Still Point of a Turning World	Emily Rapp Black
The Way Men Heal	Thomas R Golden
Teen Grief: Caring for the Grieving Teenage Heart	Gary Roe
Grieving to Believing - Discovering the Afterlife	Deb Sheppard
Grieving Dads - To the Brink and Back	Kelly Farley
Grieving Parents: Surviving Loss as a Couple	Nathalie Himmelrich
Option B: Facing Adversity, Building Resilience and Finding Joy	Sheryl Sandberg
After Words; Cultivating Peace, purpose and beauty in the Aftermath of Tragedy	Kelly Berndahl Griffith
Out of the Darkness; Coping with Recovery after the Death of a Child	Kimberley Amato
Surviving the Holidays Without You: Navigating Grief During Special Seasons	Gary Roe
The Purpose of Life as Revealed by Near-Death Experiences from Around the World	Sunfellow, David
Evidence of the Afterlife: The Science of Near-Death Experiences	Long, Jeffrey
Way of Wakan: Reflections on Lakota Spirituality and Grief	Mathieu, David J.
The Empty Room: Understanding Sibling Loss,	DeVita-Raeburn, Elizabeth
The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith,	James, John W.
Finding Davey: A father's search for his son in the afterlife	Alison III, David Reese
Sweet Sorrow: Finding Enduring Wholeness after Loss and Grief	Cormier, Sherry, Ph.D.

# Sponsors / Support

# Useful Links

## Resources

### Grief link (well recommended)

National Association for Loss and Grief

[www.grieflink.asn.au](http://www.grieflink.asn.au)

### TCF New South Wales

[www.thecompassionatefriendsnsw.org.au](http://www.thecompassionatefriendsnsw.org.au)

### TCF Queensland

[www.compassionatefriendsqld.org.au](http://www.compassionatefriendsqld.org.au)

### TCF Western Australia

[www.compassionatefriendswa.org.au](http://www.compassionatefriendswa.org.au)

### TCF Mandurah

[www.tcfmandurah.bravehost.com](http://www.tcfmandurah.bravehost.com)

[tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)

### TCF Victoria

[www.compassionatefriendsvictoria.org.au](http://www.compassionatefriendsvictoria.org.au)

### TCF UK

[www.tcf.org.uk](http://www.tcf.org.uk)

### TCF USA

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### Bereaved Parents USA

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

### Alive Alone

Parents with no surviving children

[www.alivealone.org](http://www.alivealone.org)

### Rural Resources

Adelaide Hills Bereavement Service

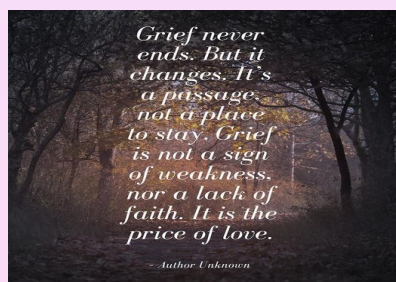
Ph 08-8393 1888

Southern Fleurieu Bereavement Support

Ph 08-8552 0600

Please contact us with details

of any other resources you have found helpful.



## **Enquiries & Support**

**Ph: 0456 820 133 (telephone or text)**

**Email** Enquiries: tcfsainc@outlook.com

We are on the **Internet** [www.compassionatefriendssa.org.au](http://www.compassionatefriendssa.org.au)  
& **Facebook** 'The Compassionate Friends SA Inc'

### **Mail**

PO Box 26 Kent Town SA 5071

Or email [tcfsainc@outlook.com](mailto:tcfsainc@outlook.com)



Dates for submission of articles for the upcoming newsletters are

15th December for the Jan - March newsletter

15th March for the April - June newsletter

15th June for the July - Sept newsletter

15th Sept for Oct- Dec newsletter

Please feel free to submit stories about your child/children or poems, article or anything you feel would be of interest to other TCFSA members.

The articles and poems in this newsletter are views held by the individual contributors. Our aim is to provide choice of information about bereavement, and life after bereavement.

*Photos for memorial pages copied & returned with care*

## **SUPPORT GROUP MEETINGS**

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

**Ph: 0456 820 133 (Telephone or text)**

7.30pm start first Wednesday of each month.

Cumberland Park Community Centre  
390 Goodwood Rd  
Cumberland Park SA 5041

## **COMPASSIONATE FRIENDS**

**Committee meeting**

**November 5th @ 1:00pm**

**Venue TBA**

(subject to change, please call if intending to attend)

## **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

**For further enquiries please call 0456 820 133**



# Some Internet Grief Resources

**[www.dougy.org](http://www.dougy.org)** –National center for grieving children and families, a non-profit online resource.

**[www.grieflossrecovery.com](http://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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://www.sharegrief.com)** -On-line grief counseling by skilled professionals.

# Have you Renewed your Membership

## Membership

The first issue of our newsletter is complimentary. Subsequently, a membership subscription is due on

**30 June each year.**

Please send \$30.00 to The Treasurer, TCF SA, PO Box 26 Kent Town, SA 5071.

Cheques should be made payable to TCF (SA) Inc.

Our bank account details for direct debit is

Name: Compassionate Friends of SA Inc.

**BSB: 105-151 Acct: 563946040** Please give your full name.

The information you provide is used with your permission to send out the newsletter and anniversary cards, and to remember your child on our anniversary page. Should your details appear incorrectly in the future, we would appreciate your contacting us. If you would prefer not to be contacted in this way, please let us know & we will respect your wishes. We also email out to members details of memorial and social events, and invitations from time to time on educating the community about life after losing our beloved children.

About your Child/Sibling/Grandchild

M/F

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Date of Death \_\_\_\_\_

Manner of death (This information is kept confidential and is for our records only)

\_\_\_\_\_

\_\_\_\_\_

About your family (as you would like it to appear in the newsletter)

Parent/s, Grandparent/s

Name \_\_\_\_\_

Sibling/s Name/s

\_\_\_\_\_

Your Private Details Address

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

Signature \_\_\_\_\_