



Friendship & Support

The Compassionate Friends South Australia

Offering friendship & support between bereaved parents,
grandparents & siblings



24 HOUR Grief Support

Telephone [0456 820 133](tel:0456820133) - Freecall 1300 064 068

Supported by Bereaved Parents & Siblings

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,

Trish Collins

Natacha Morgan

Gavin Collins

Email: 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



What's happening on your Committee

April/ May/June/2023

Welcome to our Magazine for the coming months.

I am very excited to be able to share with you, that the first of our activities has been finalised.

We are holding a POTTERY WORKSHOP on Saturday 17th June at 10am and finishing at 1pm.

There will be limited spacing, so get in quick if you would like to participate (A small FEE will be required and this will be announced soon)

August we are planning to have a LUNCHEON which is on 27th in line with Bereaved Father's Day.(more details to be announced)

September is EXPRESS YOURSELF WITH ART workshop

This year we will be having a Raffle, and tickets will be on sale in JULY and drawn at our Christmas BBQ. We will announce details in July edition of the Magazine.

Easter

While sometimes overlooked, the Easter holiday often proves challenging for someone grieving the death of a loved one. Not only can the bereaved find it difficult to enjoy the traditions, rituals, and gatherings associated with Easter, but the holiday can also emphasize the fact that a beloved family member or friend is no longer present, compounding our feelings of loss.

Like our fingerprints, the way we respond to the death of a loved one is unique, grief and mourning take a genuine physical, mental, and emotional toll on our bodies, minds, hearts, and souls, but no two people experience loss in the same way. If you are feeling overwhelmed by the Easter weekend, don't be afraid to express your thoughts, take time out or do what you need to do to help you get through.

Mother's Day

It's important to remember your journey through grief and loss is unique to you. There are many tools 'out there' that can be accessed to facilitate our healing and when we are aware of triggers, such as Mother's Day, we can plan ahead to make that time as easy as possible. As mothers, you might need to juggle the needs of your other children with your own, and it's important to, if you need, to make time just for YOU on this day. Be kind to yourself and remember the innate strength you have within yourself as well as your support networks.

Please feel free to call our telephone on 0456 820 133 at any time if you are struggling or even if you would just like a chat and a committee member will get back to you ASAP.

email:tcfsainc@outlook.com.

Karen O'Brien

President

Bereaved Mother of Nathaniel (19)

Membership Subscription

Your membership subscriptions are used to produce the newsletter, to subsidise social, support & memorial functions throughout the year, to maintain our libraries, for anniversary cards to all our families. These subscriptions are also used to subsidise a phone service for the newly bereaved, so that they need not feel alone

MEMBERS' FEEDBACK FORM

TCFSA is committed to always providing members with the best possible support services
We really value your feedback – whether it be a complaint, a compliment or a suggestion about how we could improve the way we do things.

Please fill out the form below and return it to:

The President
TCFSA
PO Box 26, Kent town SA 5071

Please select which type of feedback you would like to provide:

Complaint: Letting us know about things you're not happy with

Compliment: Letting us know about things you think we have done well or a person who has done well

Suggestion: Letting us know how we might enhance the way we provide services to our members

Is your feedback about:

Social media

Support groups

Telephone service

Magazine

Other

Please provide details of your feedback in the space on this page.

If you would like one of the staff to contact you, please fill in your contact details below.

(Otherwise, leave them blank if you wish to remain anonymous)

Name -----

Phone number -----

email address -----

Please provide details of your feedback in the space below:

If you have a complaint, please provide details of what happened, when it happened and who was involved.

We would appreciate to have your contact details so that if needed we can contact you and provide feedback to you.

Thank you for your feedback – The Committee of TCFSA

COMING EVENTS

Join us for a
MORNING TEA



THE COMPASSIONATE FRIENDS SA

←•••→
Saturday, April 29th, 2023
From 10:30 am -12
Elise's Kitchen

38 Lockheed lane, Parafield SA
RSVP : 0456820133
By 22/04/23

COMING EVENTS

Please join us for a free community workshop in Hindmarsh SA.

What Do I Say? What Do I Do?

Purpose:

To increase understanding of suicide bereavement and learn basic support skills.

Topics covered:

- The StandBy Service Model
- Crisis, trauma and grief
- What makes suicide different from other sudden death
- Support approaches and best practice
- Self-Care

Date 9 May 2023

Time 9.30am - 1pm

Venue: AnglicareSA

159 Port Road Hindmarsh

RSVP: 2 May 2023

Contact: Michelle Roberts

0479 179 770

standbyadelaide@anglicaresa.com.au

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Hindmarsh SA

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Michelle Roberts

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standbyadelaide@anglicaresa.com.au



ANGLICARESA
Together we change lives.



COMING EVENTS



*The Compassionate Friends SA
are holding a
Pottery workshop*



**June 17th , Saturday
10am-1pm**

**Location: Goodwood rd,
Goodwood**

**- For Expression of Interest -
Call or DM on 0456 820 133
Limited Spaces. First in Basis**



To the Mothers

To The Mothers Hurting On Mother's Day By Still Standing Contributor Jessi Snapp of Luminous Light Studio know how hard this day must be for you.

How painful it is to be one of the forgotten ones. The ones who hurt so deeply because there is an ever so present absence, a void that cannot be filled.

I know what it's like to face Mother's Day with a smile and a brave face while deep down your soul is crying to be seen.

Longing for someone to say their name or acknowledge the kind of mother you are.

Longing for someone to say, "You are a beautiful mother to the one who left this world too soon. I see how deeply you love and how fiercely you honor them. They have not been forgotten, and you are a wonderful mother."

This should be a day of joy.

This should be a day where we are appreciated and acknowledged.

This should be a day that our arms and our hearts feel full.

This should be a day where we can be in the company of those who honor us with the title – Mother.

This Mother's Day: Honoring the Mothers Whose Empty Arms Ache

But this is not the case.

Instead, it is tinged with sadness and a longing for what should be.

I know Mother's Day will never be the same – just like every other day spent living life after loss.

We often are not seen as we should be. Often we are acknowledged for mothering our living children and not for how we mother our children who have passed.

And sadly, those who have lost and have no living children – typically aren't acknowledged at all.

All of us carry so much love in our hearts for our precious children.

And we all deserve to be recognized for the particular kind of mothers that we are.

There is no stronger, braver, or more courageous mother than a mother that has experienced the death of a child.

A mother who has endured the unthinkable and yet she still loves with every ounce of her being.

A mother who has suffered the worst pain and even she is brave enough to face another day.

I think the rest of the world has lost sight of the difference between being a mother and being a parent.

Our children may not be here for us to parent – but we are still mothers.

The world around you may not acknowledge you the way you deserve or the way you would like.

They may not say your child's name or see just how you continue to mother them despite their absence.

They may be blind to it all, or perhaps they don't know what to say.

Related Post: [When Their Baby Dies: Say Something](#)

But this Mother's Day, I want you to carry this in your heart – You are a fantastic mother!

Because you are a survivor.

The most beautiful of all mothers.

You have a heart of gold and soul filled with grace and purest love.

I can see what a wonderful mother you are to the child you can no longer hold.

I can see how hard this has been on your heart.

And I can see right through the cracks in your soul.

I can see that you have been through the darkest hour. But I can also see how you survived it and what has carried you this far – your love.

The love you send in your heart every single day.

You are a beautiful mother, and your love shines for your precious child.

A bereaved mother is living, breathing proof of the power of love.

So take a deep breath, Mama. Your love will continue to carry you through the moments.

Today, I want you to know that you are far from alone because I see you so very clearly.

You are a beautiful mother.

SOCIAL MEDIA CALENDAR 2023

JANUARY

1st - New Years Day

26th - Australia Day

FEBRUARY

1st - *Support Group Meeting*

14th - Valentines day

MARCH

1st - *Support Group Meeting*

8th - International women's day

APRIL

5th - *Support Group Meeting*

7th , 8th, 9th,10th - Easter

25th - ANZAC day

MAY

1st - Bereaved Mother's day

3rd - *Support Group Meeting*

14th - Mothers day

15th -21st - National Volunteers week

JUNE

7th - *Support Group Meeting*

17th - Pottery Workshop

JULY

National Bereaved Parents Month

5th - *Support Group Meeting*

AUGUST

2nd - *Support Group Meeting*

13th - Red Nose Day

26th - Bereaved Father's day

SEPTEMBER

3rd - Father's day

6th - *Support Group Meeting*

10th - World Suicide Prevention day

OCTOBER

4th - *Support Group Meeting*

10th - World Mental Health day

11th - International Remembrance day

15th - International Pregnancy and infant loss day

NOVEMBER

1st - *Support Group Meeting*

2nd - Day of the dead (honor of Loved ones gone before us (Mexico)

11th - Remembrance day

DECEMBER

5th - International Volunteers day

6th - *Support Group Meeting*

25th - Christmas day

26th - Boxing day

31st - New years eve

SOCIAL MEDIA CALENDAR 2023

ANNUAL EVENTS

Annual National Conference

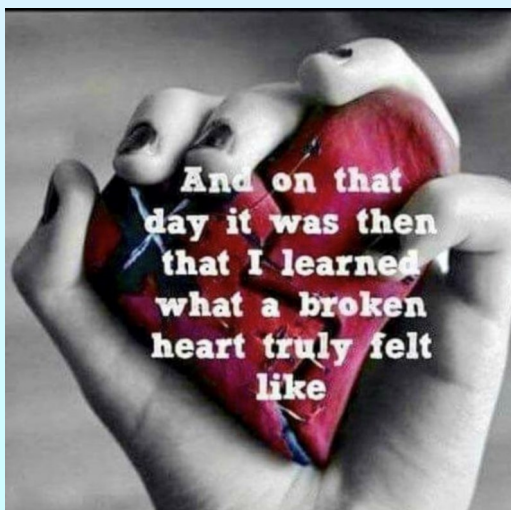
Workshops

Candle lighting (World Wide)

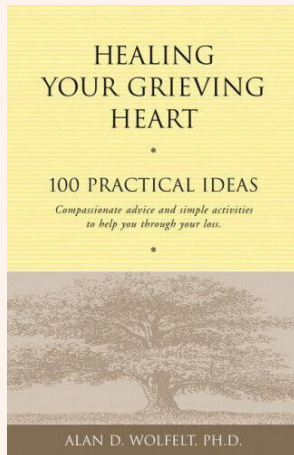
Support Group Meeting

Walk to remember

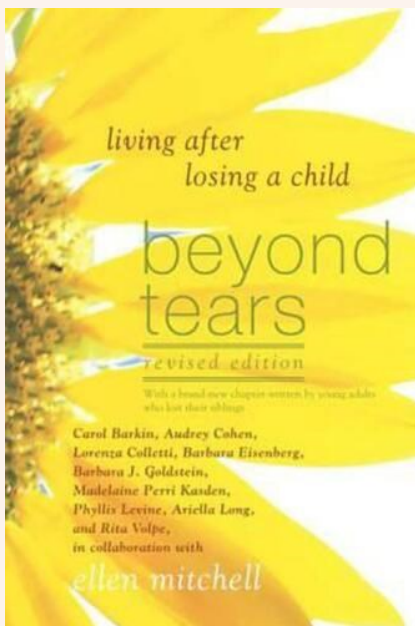
Morning Tea



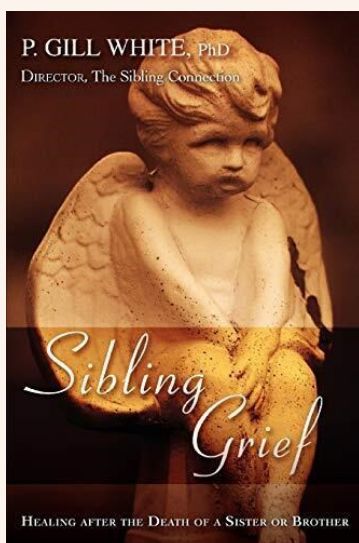
BOOK REVIEWS



Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. It offers 100 practical, action-oriented tips for embracing grief, such as writing a letter to the child who has died; spending time with others who will listen to stories of grief; creating a memory book, box, or Web site; and remembering others who may still be struggling with the death. The guide & also addresses &common problems for grieving parents, including dealing with marital stress, helping surviving siblings, dealing with hurtful advice, and exploring feelings of guilt. This compassionate resource will aid parents who have been through the death of a child—whether the passing &happened recently or many years ago, & whether the child was young or an adult



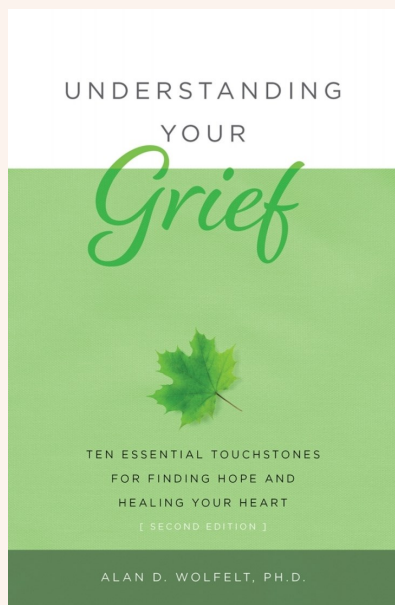
Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings. The death of a child is that unimaginable loss no parent ever expects to face. In *Beyond Tears*, nine mothers share their individual stories of how to survive in the darkest hour. They candidly share with other bereaved parents what to expect in the first year and long beyond: *Harmonious relationships can become strained *There is a new definition of what one considers "normal" *The question "how many children do you have?" can be devastating *Mothers and fathers mourn and cope differently *Surviving siblings grieve and suffer as well *There simply is no answer to the question "why?" This sharing in itself is a catharsis and because each of these mothers lost her child at least seven years ago, she is in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of *Beyond Tears* offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again. Contributors include Ellen Mitchell, Carol Barkin, Audrey Cohen, Lorenza Colletti, Barbara Eisenberg, Barbara Goldstein, Madelaine Perri Kasden, Phyllis Levine, Ariella Long, and Rita Volpe.



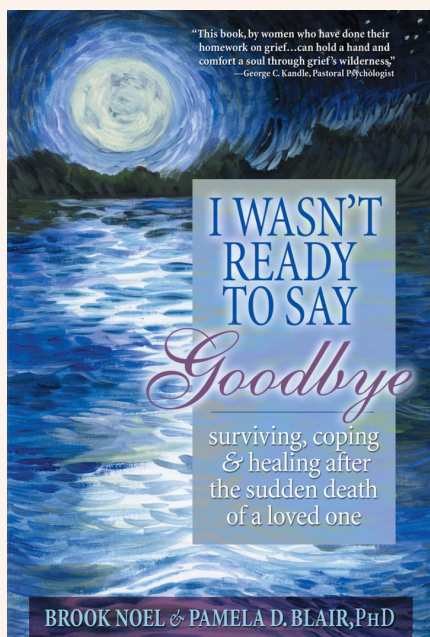
"P. Gill White, PhD, has done an outstanding job of writing on a much-needed subject within the bereavement community. As siblings sadly are often the "forgotten" grievers when the death of their brother or sister occurs, a book such as this is greatly needed. Dr. White's insights and experiences as both a bereaved sibling herself and as a sibling grief counselor are sure to be a great help to all who read her book."- Patricia L. Moser, president of Bereaved Parents of the USA "A book for professional caregivers and grieving siblings alike."- Robert B. Simmonds, Ph.D., author of *Emotional Wellness Matters* P. Gill White, PhD, was only fifteen when her sister Linda made her swear not to tell anyone about the pain she had in her side, fearing it would spoil an upcoming family vacation. Linda died four months later from a rare form of cancer. White and her family never talked about the loss until decades later, when memories began to haunt her. *Sibling Grief* is White's validation of them otional significance of sibling loss. She draws on both clinical experience and her own deeply personal experience, along with wisdom from hundreds of bereaved siblings, to explain the five healing tasks unique to sibling grief. White also describes the dream patterns of bereaved siblings, showing how healing is reflected in the dream

state. Throughout, she illustrates the long-lasting connection between siblings—a connection that death itself cannot sever.

BOOK REVIEWS



Since its debut thirty years ago, this favorite by one of the world's most beloved grief counselors has found a place in the homes and hearts of hundreds of thousands of mourners across the globe. Filled with compassion and hope, *Understanding Your Grief* helps you understand and befriend your painful, complex thoughts and feelings after the death of someone loved. Befriending grief may sound counterintuitive, but actually, your grief is your love for the person who died in a different form, and like that love, it's also natural and necessary. Perhaps above all, *Understanding Your Grief* is practical. It's built on Dr. Wolfelt's Ten Touchstones, which are basic principles to learn and actions to take to help yourself engage with your grief and create momentum toward healing. This second edition maintains the content of the first edition but builds on it by adding concise wisdom on new topics such as the myth of closure, complicated and traumatic grief, grief overload, unmourned grief, loneliness, the power of ritual, and more. Excellent as an empathetic handbook for anyone in mourning as well as a text for support groups, *Understanding Your Grief* pairs with a guided journal.



The most helpful grief book to read when you're ready to start healing after the loss of a loved one. The grief book that just "gets it." Whether you're grieving the sudden loss of a loved one or helping someone else through their grief, *I Wasn't Ready to Say Goodbye* offers a comforting hand to help guide you through the grieving process, from the first few weeks to the longer-term emotional and physical effects. It then reveals some of the myths of the grieving process and what really happens as you navigate through the pain. Top-rated within grief books, topics include: • Grieving the loss of a child, partner, parent, sibling, friend, or pet • The physical and emotional effects of grief & Navigating difficult days such as holidays, anniversaries, and & birthdays • Helping children cope with grief • Understanding the grief recovery process Written by two authors who have experienced it firsthand, this book has offered solace to over one-hundred fifty-thousand people, ranging from seniors to teenagers and from the newly bereaved to those who lost a loved one years ago. An exploration of unexpected death and its role in the cycle of life, *I Wasn't Ready to Say Goodbye* provides those people coping with grief with a rock-steady anchor from which to weather the storm of pain and begin to rebuild their lives. For further step-by-step support, the *I Wasn't Ready to Say Goodbye Companion Workbook* offers a combination of self-exploration questions, visualization activities, and journaling to help readers through the grieving process. Praise for *I Wasn't Ready to Say Goodbye*: "I highly recommend this book, not only to the bereaved, but to friends

and counselors as well." — Helen Fitzgerald, author of *The Grieving Child*, *The Mourning Handbook*, and *The Grieving Teen* "This book, by women who have done their homework on grief... can hold a hand and comfort a soul through grief's wilderness. Outstanding references of where to see other help." — George C. Kandle, Pastoral Psychologist "Finally, you have found a friend who can not only explain what has just occurred, but can take you by the hand and lead you to a place of healing and personal growth...this guide can help you survive and cope, but even more importantly... heal." — The Rebecca Review "For those dealing with the loss of a loved one, or for those who want to help someone who is, this is a highly recommended read." — Midwest Book Review Named a Best Book on Losing a Parent for 2022 by Choosing Therapy.

Losing a sibling as an adult can feel like you've lost your past and your future

When death takes your brother or sister, it also takes away one of your connections to the past



The loss of a sibling in adulthood can have many meanings. It is the loss of a brother or sister who shared a unique co-history with you. This person was an important part of your past, for better or worse. Your brother or sister shared common memories, along with critical childhood experiences and family history.

When death takes your brother or sister, it also takes away one of your connections to the past. That brother or sister knew you in a special way, unlike those who know you now as an adult. A constant in your life has gone.

If you have surviving siblings, you will find that each will mourn this death in his or her own way. While you might have anticipated some of your sibling's responses, other responses may have surprised you. Try not to let these differences alarm you or hurt your feelings.

If your parents are still alive, they, too, will have their own unique responses to the death, and you might find they struggle to talk about it, especially if they've buried their grief. You might get to a point before they clam up and change the subject because it's just too painful. You can help by facilitating open and honest communication with them about your grief and theirs.

Feelings will naturally run high in your family in the weeks and months after your sibling's death. The best approach is to be open with one another without blaming.

You don't need to live with the inevitable pain. Finding someone outside of the family to talk to will inevitably help; someone who will [listen without judgement](#). We also have grief specialists who are here to help professionally.

Continued;



When a child loses a sibling

The death of a brother or sister at any age profoundly changes the lives of surviving siblings. But children who lose a sibling often face long-term challenges that differ from those for adults who lose a sibling. It can adversely affect surviving children's health, behaviour, schoolwork, self-esteem, and development.

Surviving siblings may be troubled throughout life by a vulnerability to loss and painful upsurges of grief around the date their sibling died. They may develop distorted beliefs about hospitals, doctors, and illness.

Many bereaved siblings describe feeling sad, lonely, and different from their peers. The impact of loss may be felt most by the brother or sister who shared the greatest amount of "life space" with the one who died. Siblings who shared a room or who played or spent their spare time together are likely to be those most profoundly affected.

Managing feelings of guilt

Just like adults, many children who lose a sibling can experience strong feelings of guilt. When a brother or sister dies, they remember all the fights and name-calling, seeing themselves in their memory as the bad child and the dead sibling as the good one. This can result in feeling that they are not good enough.

A child's experience of losing a sibling depends partly on their understanding of death, which is associated with age and developmental level.

Most children will take their cues from you. If you talk openly and honestly, in an age-appropriate way, they will, too. If you allow yourself to cry and show your emotions in front of them, they will understand that they are normal, natural reactions to loss.

Often, the best way to find out what's going on with your child is to talk about what's going on with you first, e.g., "I really miss your brother/sister and I've been feeling sad. I remember the time when..."

This will encourage them to think about things that happened in their relationship. Talking about your own feelings will encourage them to talk about how they feel.

It's a profoundly difficult experience to watch a child grieve. If you need support with how to help yourself with child loss, or with how to support your child(ren) please get in touch and let us offer supports that may help with the journey.

EASTER: ANOTHER HOLIDAY WITHOUT MY CHILD

Any way you look at child loss it ends up being the same. It hurts like nothing else in the entire world. We get to the point of where we think we just cannot go on any longer because we miss our child so bad. Others try to help us. They try to do everything in their power to take away our pain, but really there's nothing that anyone else can do to "fix" this hurt.

Child loss is the "unfixable" loss.

For many of us, the Easter holiday is one of celebration. It's a time when a lot of people go to church. This is a time when families get together and enjoy traditions such as coloring eggs, enjoying egg hunts, and having a wonderful family meal together. We build so many precious memories based on these special holiday traditions throughout the years.

When a child dies, part of our heart dies, too. We're left feeling like we're floundering through life without any real purpose. The anticipation we had of holidays has gone. We don't know what to do, or how to get through such times as family gatherings that used to be so much fun.

This will be my first Easter without my oldest son, and my entire family is feeling this pain. We talk daily about Mike and how much we miss him. We cry often — holding onto each other for support when we feel too weak to go on. And, my family, like yours, is left with the question of continuing the same family traditions as we had in the past or creating new ones that still involve the one we love so much but who is no longer here.

What will we do this Easter? We have decided not to have a family egg hunt this year. Instead, we will be spending our time with some friends for that part of the day. We will, however, gather back together later in the day as a family and have a meal together. We feel that's so important to be there for each other.

Most assuredly, this first year is different in a thousand and one ways. Mike was always the life of the party. We have so many treasured memories of him. Most days we freely and openly talk about him. Some days when the pain overwhelms us, we simply hold onto each other and cry. Soon after Mike died, I began journaling my thoughts. The grief of child loss isn't new to me. I lost a son, Samuel, many years ago as an infant. This loss is different, though. Mike was an adult — just forty-two years old and died very unexpectedly of health issues leaving behind a wife he loved with all of his heart along with three beautiful children. With the loss of my infant, there weren't memories — but there were treasured hopes and dreams of the future. With the loss of Mike, we lost so much of the future, but we do have the blessing of beautiful memories.

Both losses have been heart-shattering.

The journaling that I began following Mike's death has turned into a book with the help of my youngest daughter, Alex. Together we worked countless hours getting our thoughts down on paper to share with others in hopes of helping. This book, *Child Loss: The Heartbreak and the Hope*, is not my personal journey of grief, but it is a book about the journey of grief we each share.

It is my prayer that you will get a copy and read the words. Meditate on the words in this book. Allow this book to help you through the very difficult, painful days that we experience when we've lost a child.

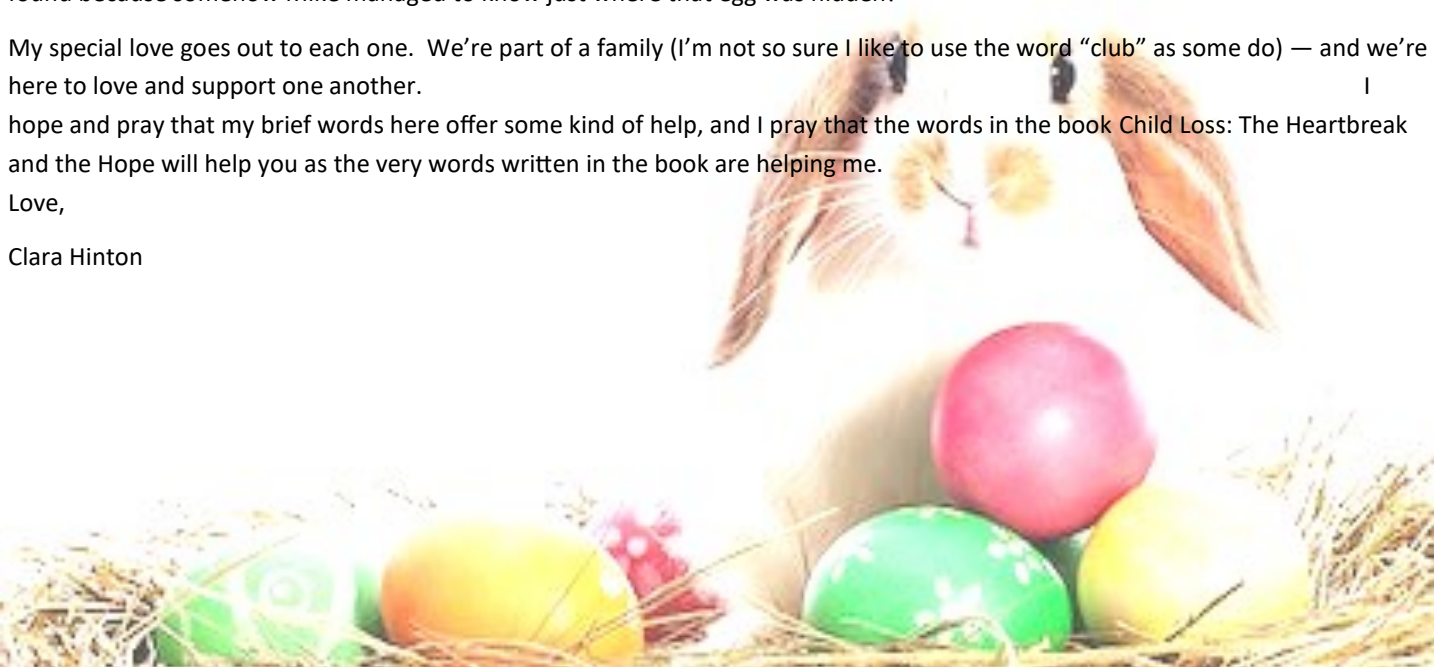
I'd love to hear your thoughts, too, on how you're getting through this holiday. Do you do things differently now that your child is gone? How have you included your child into your holiday? I know my family will be telling stories — lots of funny stories of past Easter holidays with Mike. We always hid a \$5 egg, and without doubt, there were always tears shed when this special egg was found because somehow Mike managed to know just where that egg was hidden!

My special love goes out to each one. We're part of a family (I'm not so sure I like to use the word "club" as some do) — and we're here to love and support one another.

I hope and pray that my brief words here offer some kind of help, and I pray that the words in the book *Child Loss: The Heartbreak and the Hope* will help you as the very words written in the book are helping me.

Love,

Clara Hinton



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.

Ph: 0456 820 133 (Message Bank)

7.30pm start first Wednesday of each month.

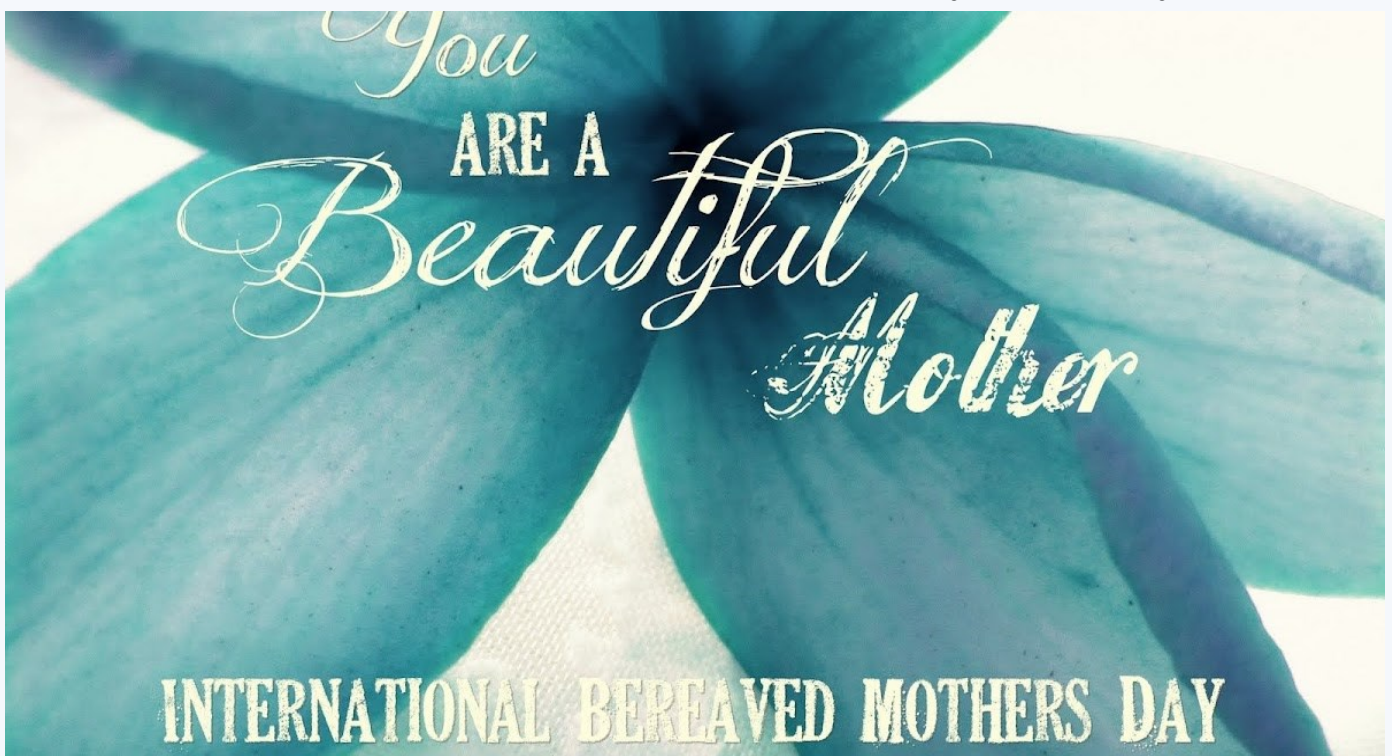


HELP

Compassionate Friends needs **you**

The committee is looking for new volunteers to add fresh ideas
If you have a couple of hours to spare each month why not come
and join us on the third Tuesday of the month
For further enquiries please call 0456 820 133

International Bereaved Mother's Day 7th May 2023



Heavenly Birthdays

April

13th Luke.. son of Shauna, brother to David

17th Zanyne.. son of Chantelle, brother to Lesha, Terrell, Aylee, Makayla, Kaitlyn and Aaliyah

24th Craig.. son of Rhonda and Kenneth, Brother to Matthew

May

1st Erin.. daughter of Ian and Amanda, sister to Declan

19th Alison Mary-Louise.. daughter of Terry and Lynette, sister to Andrew and Matthew

June

8th Katie.. daughter of Debbie, sister to Sally

14th Lachlan.. son of Meredith, brother to Sam and Abi

22nd Mungo.. son of Mark and Penny, brother to Eleanor and Felix

22nd Mathew Joshua Francis Thomas.. son of Dianne and Shaun, brother to Laura

23rd Lewis Paul.. son of Leon and Deb, brother to Molly

24th Sam.. son of Rachel, sister to Annabel

30th Kate.. daughter of Susan, Sister to Nicola



ANNIVERSARIES



April

1st Craig.. Son of Rhonda and Kenneth, brother to Matthew

1st Renee.. Daughter of Jose, sister to Sean

3rd Benjamin.. Son of Patricia and Gavin, brother to Daryn, Christopher and Kristal

3rd Mitchell.. son of Claire, brother to Cassie and James

May

10th Luke.. Son of Fiona, Richard, Colin and Patti

15th Hayley Victoria.. daughter to Janet

24th Katie.. daughter of Debbie, sister to Sally

26th.. Gemma.. Daughter of Kay

June

2nd Alyse.. daughter of Brian and Annette, sister to Caelum, Nicholas and Chloe

12th Nick.. Son of Glynis and Michael, brother to Sam

25th Ryan.. Son of Lesley and Wayne, brother to Shaun



Anniversaries

The name of your Child/ren has been published here from the list of current members. If you would prefer this not to appear please let us know and we will respect your wishes.

Families are welcome to submit up to 30 words about their child on this anniversary page.

Enquiries & Support

Ph: 0456 820 133 (telephone message bank)

Email Enquiries: tcsainc@outlook.com

We are on the **Internet** www.compassionatefriendssa.org.au
& **Facebook** 'The Compassionate Friends SA Inc'

Mail

PO Box 26 Kent Town SA 5071
Or email tcsainc@outlook.com

The Current newsletters dates have been out of line so will be brought back into a Jan– Dec. Timeframe as of January 2019 with 4 issues per year instead of the current 3

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

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 try to call our message bank 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 meetings

dates to be advised

Arkaba Hotel

150 Glen Osmond Rd

Fullarton

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

OPPORTUNITY

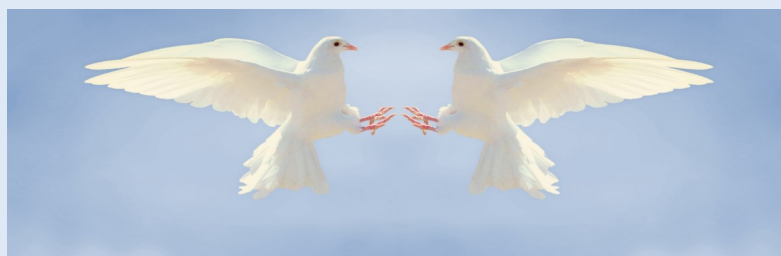
Have you lost a child grandchild or sibling?

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

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

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

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

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

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

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

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

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

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



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. We thank them for their generosity and support.

Brochures

Charles Sturt Council

White Lady Funerals

Insurance

Charles Sturt Council

Website

CMV Foundation

Alex Keibell

Posters

White Lady Funerals

Country Connections

White Lady Funerals

Newsletter

Officeworks



Support Group

Cumberland Park Community Centre

CITY OF MITCHAM



Resources

Grief link (well recommended)

National Association for Loss and Grief

www.grieflink.asn.au

TCF New South Wales

www.thecompassionatefriendsnsw.org.au

TCF Queensland

www.compassionatefriendsqld.org.au

TCF Western Australia

www.compassionatefriendswa.org.au

TCF Mandurah

www.tcfmandurah.bravehost.com

tcfmandurah@bigpond.com

TCF Victoria

www.compassionatefriendsvictoria.org.au

TCF UK

www.tcf.org.uk

TCF USA

www.compassionatefriends.org

Bereaved Parents USA

www.bereavedparentsusa.org

Alive Alone

Parents with no surviving children

www.alivealone.org

Rural Resources

Adelaide Hills Bereavement Service

Ph 08-8393 1888

Southern Fleurieu Bereavement Support

Ph 08-8552 0600

Please contact us with details of any other resources you have found helpful.



The Compassionate Friends
South Australia

ABN :79953386024

0456 820 133
P.O. Box 26
Kent Town
S.A. 5071
tcfsaine@outlook.com
www.compassionatefriendssa.org.au

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:				
Email Address:				

Loved Ones Details (print additional copies for multiple children)

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

Membership Option		Amount
<input type="checkbox"/> \$50.00 –Family Membership	Membership including a digital copy of the magazine sent to your email address	
<input type="checkbox"/> \$30.00 - Print Membership	Membership including a digital copy of the magazine sent to your email address	
<input type="checkbox"/> Free – Financial Hardship for first yr	Free membership is available if you are unable to pay currently (please consider making a donation to support us)	
<input type="checkbox"/> Donation	I would like to support TCFSA through an additional donation (TCFSA is a registered charity and all donations over \$2 are tax deductible)	

Payment Method		Total \$
Direct Deposit	Direct deposit to our Account enter the reference number as your initial and surname	Bank SA
		BSB:
		Acct:
		105-151
		563946040

Credit Card	Type:	<input type="checkbox"/> Visa	Card Number:
		<input type="checkbox"/> Mastercard	
	Expiry:	___/___	Name on Card:
	CCV:	___	Signature:

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. and return with this form
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