



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



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. Here's a snapshot of our recent activities:

1. Committee and Volunteer Updates

- We've welcomed new committee members and clarified roles to ensure smooth operations and ongoing support across all activities.
- Please join us in welcoming Diana and Daryl Brooks to the committee. They will be taking on fundraising initiatives for TCFSA.

2. 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.

3. 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.

4. Policy and Advocacy

- TCF Australia is progressing a reform proposal to increase bereavement leave from 2 to 10 days for parents who have lost a child.
- We are collecting case studies from members in South Australia to contribute to this advocacy. If you would like to share your employment experience following the loss of a child, please email us at: tcfsainc@outlook.com.

5. Membership and Communication

- We are introducing additional options for anniversary acknowledgements, allowing members to choose between a mailed card, an email, or an SMS. More details and consent requests will be circulated in the coming month.

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

Newsletter Announcement - Anniversary Card Update

Anniversary Card Update – New Options Available

TCFSA is introducing additional options for members to receive anniversary acknowledgements. Members can now choose to receive messages via Email, SMS text message, or traditional posted card.

We understand that families experience anniversary dates in different ways, and some may prefer a brief, gentle message delivered directly to their phone or email, while others may still prefer a physical card.

In the coming month, members will receive an email asking them to select their preferred method. Participation is entirely optional, and all permissions will be securely recorded before this option is formally added to our membership forms.

As always, our intention is to respectfully honour your child's memory in a way that feels supportive and appropriate for you.

If you have any questions or preferences regarding anniversary acknowledgements, please feel welcome to contact us.

Share Your Experience: Bereavement Leave Reform

TCF Australia is advocating for a reform to increase bereavement leave from 2 days to 10 days for parents who have lost a child.

As part of this process, we are documenting ongoing case studies of bereaved parents in South Australia to contribute to the submission.

We would greatly value your input.

Please email us at: ***tcfsainc@outlook.com*** and share your experience:

- How supportive were your employer and colleagues?
- Did you feel you could continue at work?
- Were you given appropriate support, or left to manage on your own?
- What would have helped you most during that time?

Your experiences will help shape important workplace reforms for bereaved parents. All responses will be treated with respect and confidentiality.



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**

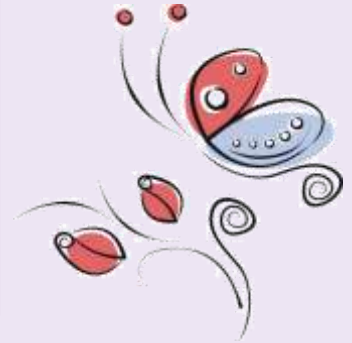
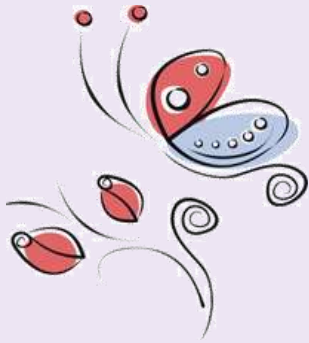
Our Values

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.





FROM THE EDITOR

*Welcome to The Compassionate Friends SA (TCFSA) Newsletter.
As the Editor, I look forward to connecting with you all.
If you have got ideas, feedback or just want to chat, don't hesitate
to reach out through our newsletter or support group.
We are all in this together.*



How has The Compassionate Friends SA (TCFSA) helped you in your grief?

We are inviting members to share a few words about how The Compassionate Friends SA has supported you, and what you would like to say to some-one who is newly bereaved.

It might be something that gave you hope in early days, a person who made you feel less alone, or a message you wish that some-one who had told you when your grief was fresh.

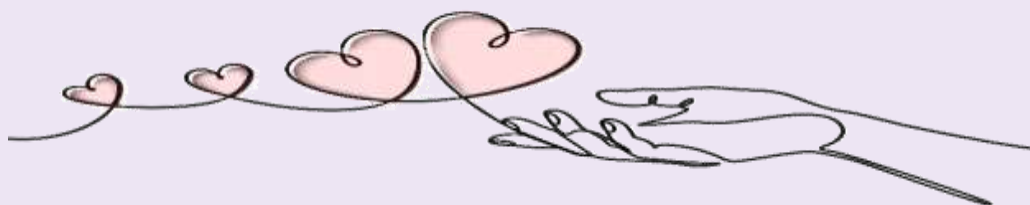
These reflections can offer comfort and reassurance to others just beginning this heartbreaking journey- and help them see that they are not alone.

Please send your words (even just a line or two) to: tcfsainc@outlook.com

Together your voices make The Compassionate Friends SA a true place of connection, support and healing.

Your words may be used or shared in the newsletter, on our website, annual report, as well as The Compassionate Friends SA literature.

Please let us know if you would prefer to remain anonymous.





Craft Day - "Flowers with Helen"

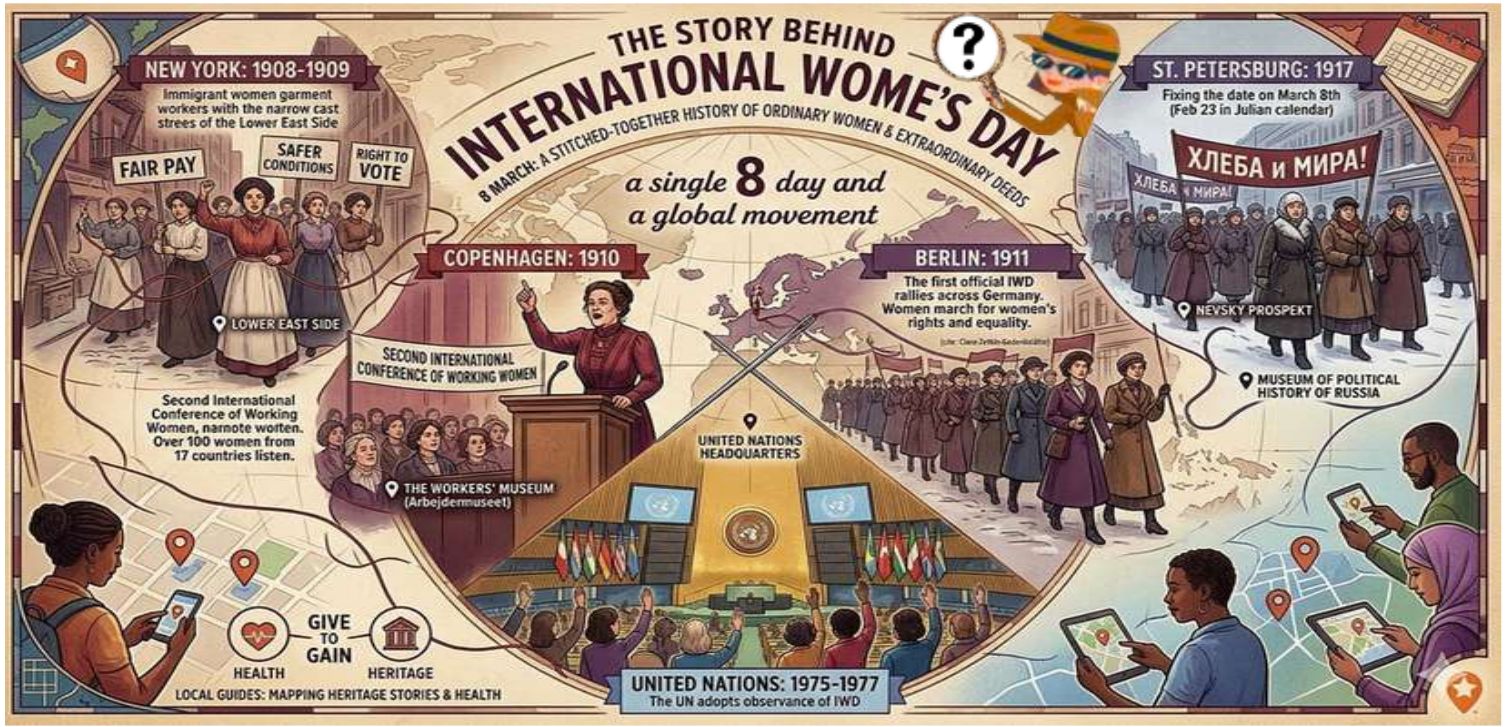
Held on 21st March 2026. It was a fun day. Thanks to everyone who came. I really loved sharing my craft projects with you. There was a great vibe, lots of laughs and you all have some unique skills in crafting.

Keep Creating!

Warm regards, Helen Baczynski



International Women's Day - "The Shoulders We Stand On"



8th March 2026 is International Women's Day (IWD). It serves as a global call to action to accelerate gender equality and celebrate women's achievements. This year is particularly significant as it marks the 115th anniversary of the movement since its official inception in 1911. Celebrations for International Women's Day (IWD) 2026 extend well beyond 8th March. While the official global day is fixed on 8th March, events and major institutional observances often span the entire month of March (International Women's Month) and even into early April. It highlights the need for systemic change to ensure safety, justice, and fair opportunities for all women and girls, while encouraging collective action to dismantle barriers like bias and discrimination.

Key Pillars of the Day

International Women's Day is anchored by three essential pillars: **Celebrate, Educate, and Advocate.**

This day is a global opportunity to celebrate the remarkable social, economic, and cultural achievements of women, while simultaneously educating the public on the persistent systemic biases. Most importantly, it serves as an urgent call to advocate for meaningful action, pushing for the rights and justice necessary to create a truly equitable future for all women and girls.

In a group where we often carry the heavy weight of what has been lost, it is also worth noting the strength we have inherited. "The Shoulder We Stand On" represents a long lineage of women-mothers, sisters and advocates-who, in the face of their own struggles and silences for the right to be heard and supported. IWD isn't just a date on a calendar, it is a reminder of the quiet defiance and collective resilience that allows us to find our voices today. By acknowledging this history, we honour the women who paved the way for spaces like ours-where no journey is too difficult to share and no woman is left to walk alone.

A woman's strength isn't just in what she achieves, but in the weight of things carried when no-one is watching. The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths.



A Message of Peace and Remembrance This Easter

As Easter approaches, a time often associated with renewal and family gatherings, the TCFSA Committee wants to acknowledge that for many, it is a painful reminder of the absence of a beloved child.

We understand that holidays are different now. There is no expectation that you “feel a certain way” or engage in tradition that feels too difficult. Your grief is valid, and it is welcome here.

This Easter, we hope you can find gentle moments of peace. Whether you choose to remember your child through quiet reflection, a special activity that honours their memory, or by simply allowing yourself to be, please know that you are not walking this journey alone. We, your fellow parents on this path, are here to listen, support, and share in your sorrow and your hope.

We hold the memory of your children in our hearts not just today but always. They are not forgotten.

Wishing you comfort and strength this Easter.

With love and remembrance.



Easter Blessings and Love from TCFSA Committee ❤️

Anzac Day



LEST WE FORGET

This Anzac Day we reflect on 111 years since the Gallipoli campaign and commemorate all Australians who have served in times of peace and war. ANZAC stands for Australian and New Zealand Army Corps. Anzac Day falls on the 25th of April each year. The 25th of April was officially named Anzac Day in 1916. On the 25th of April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as Anzacs and the pride they took in that name continues to this day. The Anzacs landed on Gallipoli and met fierce resistance from the Ottoman Turkish defenders. Their plan to knock Türkiye out of the war quickly became a stalemate and the campaign dragged on for eight months. At the end of 1915, the allied forces were evacuated. Both sides suffered heavy casualties and endured great hardships. Over 8,000 Australian soldiers were killed. The meaning of Anzac Day today includes the remembrance of all Australians killed in military operations.

ANZAC DAY



ANZAC DAY marks the Gallipoli landing on 25th April 1915



Symbolised by Rosemary



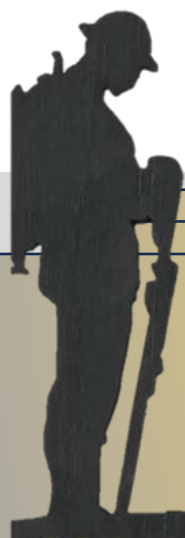
Honors Australian & New Zealand service people

Military Bereavement

We share in your grief and we feel the pain of a soldier

“Son” or “Daughter

May their memory be blessed forever.



“The Ode of Remembrance”

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn

We Will Remember Them

The Old Yellow Truck

Several weeks ago, I sold my old, rusty yellow pickup truck. I placed an ad in the Baltimore Sunday paper which read:

For sale—1978 Toyota pickup truck, 119 K miles—as is \$450. **Call.**

Someone called, paid me \$400 and drove away, all in the same day.

I should have been happy to get rid of it; but instead, I ended up feeling depressed.

If I could have advertised the truck in our TCF Newsletter, the ad would have read: For sale (regretfully), 1978 Toyota pickup truck used by college student when he was home for weekends and semester breaks. Provided safe transportation through a snowstorm on his last New Year's Eve. Four-speaker stereo radio with rock music stations preselected. Ashtray clean except for old bank receipts. Truck used by father for hauling things while thinking about son. Priceless. **Don't call.**

It has been 18 months since my son died, and yet it is still difficult to part with certain things— even things that did not belong to him. This is a problem with which we are all faced. What to keep? What to let go? The practical side of us says these things are no longer needed, so we should get rid of them. The heart says my son owned these things or used them; they bring back memories, so we should keep them.

There is not a right or wrong answer as to what we keep or what we let go. I reassure myself by noting that these memories of my son didn't leave with that old yellow truck.

They will remain locked in my heart forever.





Bereaved Mother's Day

Sunday 3rd May 2026

You are not alone

Bereaved Mother's Day gently holds space for mothers who carry loss in their hearts. It honours women whose children have died – whether in the womb, in infancy, childhood, or later. These mothers are often left out of the larger story, their grief tucked away in silence. On this day, that silence softens. Their love is acknowledged, their children remembered. Some light a candle. Others speak a name, hold a photo, or sit quietly. However they choose, the day offers comfort in knowing their bond has not disappeared. This day doesn't ask anyone to move on or feel better. It simply says, "you are still a mother, and your child still matters." That truth can ease the loneliness even a little. When mothers hear others share stories like theirs, a connection forms.

History of Bereaved Mother's Day

Bereaved Mother's Day began in 2010. Carly Marie Dudley, a mother from Australia, created the day after her son Christian was stillborn. She felt a deep pain on traditional Mother's Day, where her motherhood was often ignored. To help others like her, she decided to set aside a special day. It would be just for mothers who carry their children in memory rather than in their arms. The idea quickly grew. Mothers from around the world connected with Carly Dudley's message. Many felt seen for the first time.

On this day, they could remember their children and be acknowledged as mothers, without needing to explain or defend their grief. It gave them a space to feel both sorrow and love without shame. Bereaved Mother's Day now takes place every year on the Sunday before Mother's Day in many countries. It's not a holiday filled with cards, or balloons. It's quiet, personal, and deeply meaningful. Some light candles. Others write letters or talk with people who understand. Carly Dudley's act of love has turned into a movement of care. This day continues to grow, not through big events, but through quiet acts of remembrance that speak louder than words.

Personal Reflections on Bereaved Mother's Day from the Editor (Helen Baczynski)

As Bereaved Mother's Day draws near, I am reminded of my own journey through the depths of grief and the slow, gradual climb towards a place of solace. It is a day that holds complex emotions for me, as it likely does for many of us and I am thinking of you all on this day.



MOTHER'S DAY: A Father's View

In our house as in all bereaved parent's households, Mother's Day comes with mixed emotions. Setting aside a day to honour Motherhood is only right. Mothers do tend to be taken for granted. I remember childhood joy of getting Mother a special gift, even if it was only a crayon drawing. As an adult, buying gifts for your mother and the mother of your children still brings back happy memories. But this changed when Erin died. Looking through the cards at gift shop only reminds me of this irony. Cute, humorous sweetly sentimental cards await the bereaved father shopping for his wife. I can't find a card that will comfort my wife on this day, and even worse, I am afraid that I will buy her a card that will bring back only painful memories of the child she lost. I realise this day, because it's widely celebrated, can even years later take my wife back to the grieving that she thought she was "through with". I can never do enough on Mother's Day, maybe I try too much. I know of course that all the cards, gifts, flowers and the messy breakfasts in the world can't make up for the loss of our child, but I still do these things. She deserves them. The unfairness of our daughter's death will always be there. I know I can't change that with a card, but I can remind her she is a great mother. A loving mother and most importantly she is still the mother of the child we lost. If she's happy on Mother's Day I try to keep her there. If she's depressed, I cheer her up as best I can even though I am not very good at it.

Please be as happy and proud as every mother today. No one can dispute the fact that you brought your child into the world. Although that child is no longer with you, the love you had can never be taken away from you. If you should be depressed, may there be family and friends there to remind you of this and comfort you.

by Al Bolt-TCF Cleveland, Ohio



On Mother's Day, we pause to remember the mothers whose hearts beat with both love and loss. Though your child is no longer with you in the way you imagined, the love you gave and received remains a light that never fades. May you feel the warmth of that enduring bond, the cherished memories that bring a smile, and the quiet strength that carries you forward.

We send you our deepest love, gentle comfort and the hope that today brings a moment of peace - a soft sunrise, a favourite song, or a simple breath that reminds you that you are not alone. You are surrounded by a community that holds you, your child and your love close.

Wishing you a Mother's Day filled with tender moments, soft whispers of love, and the reassurance that you are deeply cherished.

With love and compassion,
TCFSA Committee





“Comfort for the Grieving Parent’s Heart” by Gary Roe is a practical and compassionate book designed to support parents after the loss of a child. It reads like a conversation with a friend, offering daily, bite-sized chapters of hope and healing to help readers navigate intense grief. The book aims to meet grieving parents in their pain and provide a sense of understanding and normalcy for their complex emotions.

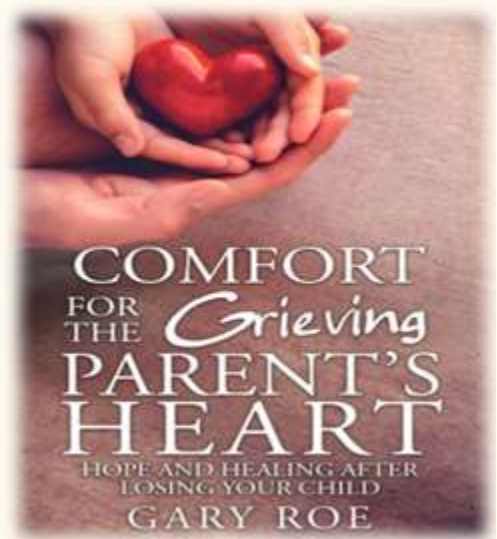
Processing Emotions: It helps readers deal with a roller coaster of feelings, including sadness, anger, guilt, confusion, anxiety and depression.

Navigating Relationships: The book addresses feelings of loneliness, being misunderstood, or rejected by others, offering insight into relational changes that occur after a loss.

Practical Issues: Gary Roe provides strategies for handling increased stress, physical and mental health issues, ongoing responsibilities (work, finances, family), and the intense loneliness that often resides in the heart.

Finding Hope and Healing: It offers guidance on how to think through challenging spiritual questions, relate to others, overcome unhealthy coping habits, and find necessary support for long-term healing.

Honouring Your Child: A core message is to honour the lost child by taking care of oneself and allowing the devastating loss to bring a greater perspective to life, one day at a time.



**Lost Child Podcast
With
Blake & Camille**

Welcome to ‘*The Lost Child Podcast*’ a space where we navigate the difficult journey of losing a child, exploring what healing looks like, and sharing stories of resilience. We are Blake & Camille Wasden, the hosts of this podcast. Most of the content will be us interviewing parents who have had a child pass away. This podcast is a tribute to our beloved 6-year-old, Sunni, who tragically died in July of 2023. This has been the hardest thing we’ve gone through (having our child die). Whether it’s dealing with the profound impact of suicide, illness, or tragedy, we’re here to help others who are facing similar struggles. Join us as we share our experiences, offer support, and shed light on the unique challenges of this heartbreaking journey. Together, let’s find strength, healing, and hope.

You can find and listen to episodes of the podcast on various platforms:



Listen on
Apple Podcasts



Listen on
Spotify



YouTube



'Ask If You're Prepared to Listen'



For those of us who are grieving, answering the question "How are you?" isn't always simple.

We often say, "I'm fine" or "I'm okay", not because we truly are, but because the real answer is too heavy to carry into a casual conversation. Grief is complicated. It's lonely. It's full of moments where words fall short, and silence speaks volumes. Sometimes we don't have the energy to explain. Other times, we're just not sure if the person asking really wants to know the truth, or if they're just being polite.

The truth is, grief can make others uncomfortable, especially if they haven't experienced a similar kind of loss.

But those of us who are grieving need more than surface-level kindness. We need space. We need presence. We need people who don't turn away when things get real.

So, if you ask someone who is grieving "How are you?", Ask because you're truly prepared to listen. Not just to the easy answers, but to the hard ones.

To the silence. To the tears. To whatever honesty they are willing or able to share.

That's what kindness really looks like. That's what support truly means.





★ ★ ★ NATIONAL ★ ★ ★
VOLUNTEER
-- -- WEEK -- --

18th - 24th MAY 2026



We celebrate National Volunteer Week (NVW) to thank and recognize the incredible contributions of volunteers, highlight their vital role in strengthening communities, and encourage more people to get involved, showing that volunteering offers diverse ways for anyone to make a difference. It's a national focus week for nonprofits to recruit, show appreciation, and promote the value volunteers bring to almost every part of our lives.

How does volunteering give a sense of purpose?

Volunteering can help you develop new skills and discover talents you didn't know you had. These skills can be a part of your personal purpose and contribute to a fulfilling life. Making a difference. Knowing that your efforts are making a positive impact can provide a sense of purpose.

Dear Volunteers of the TCFSA Committee

Your generosity and compassion have made a real difference in our support group. The time you share, the listening ear you offer, and the hope you bring truly lift us all. A big "Thank You" to the TCFSA Committee for your heartfelt commitment. If you know anyone who might be interested in joining our volunteer family, TCFSA would be thrilled to welcome them. A little time, a caring heart – that's all it takes to help us continue this important work.

Thank you for making a difference. Together, we are stronger.

***With sincere appreciation,
Helen Baczynski (Editor-TCFSA)***



As we celebrate Volunteer Week, I want to take a moment to shine a spotlight on an unsung hero-Arlene Priest from Minnesota-USA. Her tireless dedication to Compassionate Friends and passion deserves recognition. This is her story.




Letters from the heart

Arlene Priest wears an etched gold pendant around her neck, capturing her then 21-year-old son, Marc. At the time the engraved photo was snapped, her son was a talented musician who never picked up a saxophone he didn't love to play. He was kind, and as his mum says, "Marc was always the one, if there was a broken issue between friends, he was the mediator. He would tell people that life was too short." For Marc Priest, life was indeed too short. Six months after his 21st birthday, he was stricken with a case of viral encephalitis and never recovered. "Marc was a pallbearer at my mum's funeral and 30 days later, I was standing at his grave," Arlene says. The year was 1983. It was just weeks before Marc was set to start his senior year at St. Olaf College in Northfield, Minnesota. "He was complaining about aching all over," Arlene says: "There was a flu going around Billings, and so we thought Marc just had the flu. I was begging him to go to the doctor. He just said to me: "Mum, I will go to the doctor tomorrow if I am not feeling better." Arlene pauses and says: these things are so vivid in my mind. Later that night, Arlene was getting ready to turn in when she heard a loud shaking noise followed by moans. When she rushed into Marc's room, she says, "He was in the foetal position, his eyes were open. He had suffered a seizure." After calling 9-1-1 and checking into the hospital, the prognosis wasn't good. While Arlene was talking to the physician about what would be done to help her son, Arlene says the emergency room doctor told her, "I'm not sure you are hearing me. We are not sure he will make it through the night." It was like knives piercing my heart. "Marc lived in the intensive care unit for 22 days before another seizure left him brain-dead. "I knew it was going to kill me," Arlene says. "Then, when it didn't kill me, I was mad because the pain was so unbearable."

This single mother who watched her only child pass from this world felt that unbearable grief until she found herself walking into a meeting of **The Compassionate Friends**, a support group for parents who suffered the loss of a child. "I don't know how I ever got there," Arlene says. "That was another God thing, somehow, I must have heard about it." After quietly listening, Arlene says, "I thought, you know, I am not going crazy. There are others who feel this way." Within a year, Arlene found herself leading the group. She found a new purpose. But outside of the friendships she developed there, she found a passion that would sustain her for more than 35 years. It started with a simple letter to a parent after she spotted a child's obituary notice in the paper. What started with one letter grew to another and another and another. "I felt their pain when I would read the obituary," Arlene says. "I would write, you do not know me and I do not know you but I know the intense pain that you are feeling." She would share a bit of Marc's story in the hope that the family knew they weren't alone in their grief. "I would tell them my heart aches for you and cries with you." Arlene would also be sure to share that there was a support group full of caring parents to help them process their grief. "It's amazing how when someone would walk into the meeting that night, just from writing to them and knowing the ages of their children, I would know who they were. Over the years, Arlene has also been instrumental in getting memory bricks helping families to honour their children at Rose Park. She pushed for a memorial floral garden to be dedicated at Rose Park so parents had a place to go to remember their child. A bronze angel sits in the centre of it all. Arlene has started a handful of Compassionate Friends chapters and secured funding to make sure the group's newsletter always reached parents in need. "We don't charge for our newsletter because the price a parent has paid is already too great," Arlene says. As Arlene shares the story behind her letter-writing ministry, she can't count how many notes she's dropped in the mail. "I probably send out 40 to 45 care notes a month," she says. "I have written for years and years and years now. Many still write back to tell me that the letter meant so much. Others will say that their family doesn't even mention it. Arlene says, "One of my sisters might think, well, I would like to call Arlene to let her know that I am thinking about her, but she'll cry." Well, I cry anyway. She makes sure to include her phone number on every handwritten note, just in case. At 92, she's not sure how many more years she'll be able to write those heartfelt notes by hand. "I am so passionate about this. If you just help one person or make it so they can get through that day, what a blessing," Arlene says. This is my life. I do it as a way to pay tribute and honour Marc.





POEMS and QUOTES

It has been said,
“time heals all wounds”
I do not agree.
The wounds remain.
In time, the mind,
(protecting its sanity), covers
them with scar tissue and
the pain lessens.
But it is never gone

by Rose Kennedy

*“Her absence is like the sky,
Spread over everything”.*
by C S Lewis

Touched By Gold

I was thinking how different life is for me
And about the things that will never be.
To watch you grow into that fine young man
For me, is now, not part of the plan.
I realize my life will never be the same
Even though I carry on with life’s little game.
I can’t go back to where I was before,
That part of my life is now a closed door.
But in spite of the pain, I must endure
I want you to know one thing for sure.
I wouldn’t trade places with any other on earth
And I’m proud to be the one who gave you birth.
I live with tragedy and sorrow, that’s true
But also, a great love have I shared with you.
For you’ve touched my heart as no other could
And in your memory, there will come some good.
For you’ve left a purpose for your Mum and Dad
To let others know of the son we had.
I want you to know your story will be told
And others will know I’ve been touched by gold.

by Carolyn Bryan, TCF Orange Park/Jacksonville, FL

*“Goodbyes hurt the most
when the story was not finished”*

Author Unknown

That Day

Right in the middle of our life, on an
ordinary day, the unthinkable happened.
Everything went from ordinary to chaotic
and there I stood, in the mess of it all,
knowing there will now forever be a
before and an after.....*That day.*

by Sharyn Marsh—*Leave her wild*

Never Forgotten

I think of things you used to say,
and all that you would do.
At some point, every single day,
my thoughts would turn to you.
To lose you was a bitter wrench,
The pain cut to the core.
I cried until my tears ran out,
then I cried some more.
This wouldn’t be your wish for
me, that I’d be forever sad.,
So, I try to remind myself, of the
happy times we had.
I know I can’t be with you now,
and you can’t be with me.
But safe inside my heart you will
stay,
That’s where you will always be.

by MS Moem

She was Here

They locked away her tiny toys,
The dolls and blocks half played.
But I remember her sweet voice,
that called me from the shade.
They cleared the crumbs from
the kitchen floor, and wiped her
handprints clean.
But I see her face before me,
her smile was a cherub’s dream.
They closed the door to her
small room, let dust collect her
things.
But I still hear her laughter ring,
Those bells and joys still bring.

Author Unknown





"Weathering the Storm of Grief" for Children

The "Weathering the Storm of Grief" is therapeutic and designed to help children navigate the emotional complexities of loss.

The 5 Stages of Grief: Provides an overview of Elisabeth Kübler-Ross's stages—Shock, Denial, Anger, Depression, and Acceptance—to help children name and understand their emotions.

Grounding and Stress Relief: Includes a sensory grounding exercise to help manage overwhelming feelings and "grief bursts" (like focusing on what you see, hear, feel).

Understanding Grief Stages: Explains common emotional responses like shock, denial, anger, depression, and acceptance in child-friendly terms.

Grief as a Storm: Uses the metaphor of a storm to describe overwhelming, unpredictable waves of emotion (sadness, anger, guilt).

Finding Moments of Happiness: Offers practical ideas for recovery, such as keeping a routine, getting fresh air, and setting small goals. Journaling.

Support & Self-Care: Encourages talking to trusted adults, seeking support, and recognising that grief is personal and takes time.



MAKING YOUR OWN SUNSHINE

- Your grief is personal to you and you will grieve in your own way and pace.
- FOLLOWING A FAMILIAR ROUTINE BRINGS FEELINGS OF CALMNESS.
- Write feelings down in a journal.
- Identify people around you that you can talk and share your feelings and concerns.
- Set and accomplish positive goals.
- GET FRESH AIR AND EXERCISE
- BECOME EDUCATED WITH THE 5 STAGES OF GRIEF AS A WAY TO UNDERSTAND YOUR FEELINGS.

HAPPINESS CAN BE FOUND EVEN IN THE DARKEST OF TIMES IF ONE ONLY REMEMBERS TO TURN ON THE LIGHT

-Albus Dumbledore



Understanding The 5 Stages of Grief

Grief can feel like a storm. You may feel that the storm has passed, and then be surprised when the next storm strikes. With a loss, you might be fine one minute and overcome with extreme sadness the next. Understanding The 5 Stages of Grief, may help you with the grieving process.

1 SHOCK

A death of a loved one can feel like a bolt of lightning out of nowhere. After the death of a loved one, you may feel numb to the reality of the loss. Numb disbelief is one way the body helps provides emotional protection from being overwhelmed all at once.

2 DENIAL

Denial is a response to the shock or disbelief of the loss of a loved one. Avoidance is a common coping mechanism to avoid the reality of the loss. Life feels chaotic and scary so denying this NEW REALITY is a way to avoid pain.

3 ANGER

Frustration of this new reality leads to anger. Lashing out at others is not an uncommon occurrence. When in this stage of grief you may find yourself focusing on things like....

Why me?
It's not fair!

4 DEPRESSION

Deep sadness may begin to set in as you begin to realize the magnitude of your loss. The reality of life going on without your loved one can feel overwhelming. You may feel extreme sadness and you may feel like you don't want to do anything.

5 ACCEPTANCE

Physical symptoms lessen and deep sadness begins to shift. This stage is about accepting the reality of the loss and that it is permanent. In this stage, you can begin to look ahead to the future and anticipate some good times to come. There are feelings of hope and joy.

STRESS RELIEF EXERCISE

A grounding technique is a coping strategy that helps you connect (or ground) you to the present moment. So, when you find yourself feeling overwhelmed, do the

COUNTDOWN FROM 5 EXERCISE:

Look around you and name..

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Grief & Bereavement for LGBTIQ+ Youth

(both LGBTIQ+ and LGBTIQA+ acronym, represents diverse sexual orientations and gender)

In supporting LGBTIQ+ youth through grief and loss, it is important to remember the unique experience of these individuals. While it is not unusual for all youth who have experienced a loss to feel alone, a lack of resources and/or support for LGBTIQ+ youth can lead to further feelings of isolation, which can make healthy grieving difficult.

In acknowledging the experience of LGBTIQ+ youth. It is important to also understand this population's vulnerability to depression, social isolation, as well as the experience of multiple losses.

Suicide is the second leading cause of death for youth aged 10 to 20, however, youth who identify as lesbian, gay or bisexual are five times as likely to attempt suicide that their heterosexual peers. Additionally, LGBTIQ+ youth experience a disproportionate amount of discrimination, hate crimes, and violence. The LGBTIQ+ community faces other unique losses such as the possible rejection of family and friends when coming out, which can lead to further feelings of isolation. Acknowledging these factors when supporting LGBTIQ+ individuals through grief and loss is essential. The following tips may be helpful in supporting LGBTIQ+ youth who have experienced a loss:

Create a safe, affirming relationship Creating a sense of community through grief can be a powerful tool for healing LGBTIQ+ youth have often been in situations, sometimes even within their own family of origin, where they feel unsafe or rejected. Cultivating a safe, affirming relationship is imperative to supporting LGBTIQ+ youth who are grieving.

Be a Listener Many times, LGBTIQ+ youth and other marginalised populations are forced to remain silent about their experiences. Creating a place where individuals can be listened to and heard is essential to supporting their resilience. View yourself as a learner, remember that LGBTIQ+ youth are the experts on their own experience.

Acknowledge the Experience of LGBTIQ+ Youth Recognise that LGBTIQ+ individuals have faced a history of institutional discrimination and social stigma, which impacts not only their experience of grief, but the ability to develop healthy coping. Acknowledging and attending to the range of challenges that LGBTIQ+ face while grieving will be an important way to support their healing.

Recognise Community-Level Bereavement Often times when youth experience community level bereavement, or loss that occurs within the LGBTIQ+ community, it may be invalidated by others as it wasn't "personal" to the youth. However, compounded losses due to things such as hate crimes experienced within the LGBTIQ+ community create a ripple effect which impacts grieving. Acknowledging the impact of these losses when supporting LGBTIQ+ individuals who are grieving being important. The emotions and experiences young people face through their grief journey can vary drastically; however, what every individual who experiences loss needs is a space to feel understood, accepted, and supported.

Shared with thanks from TCFVIC

General Grief Support (LGBTIQA+ Inclusive)

Bfriend: This local Adelaide service offers free peer support for LGBTIQA+ people in South Australia and can connect individuals with community groups and resources.

Website: dhs.sa.gov.au/how-we-help/igbtiqa/support-for-igbtiqa-people

QLife: This national service provides anonymous and free LGBTIQA+ peer support and referral for a wide range of issues, including grief and loss. Their staff and volunteers are members of the LGBTIQA+ community-P/N: 1800 184 527 (3 pm - 9 pm daily AET/AEDT)



**GRIEF WEARS
EVERY COLOR**



*We memorialise our past.
Everything seems better in a memory.*

"Bridge of Memories"

The "**Bridge of Memories**" in grieving is the powerful, comforting connection you build between your past with a loved one and your present, allowing you to maintain a relationship, feel their presence, and transform grief into healing by actively engaging with cherished moments, stories, and keepsakes to keep their spirit alive and find meaning. It's a therapeutic way to process loss, using sensory details like their laugh or favourite music to anchor yourself and celebrate the life lived, preventing trauma from overshadowing love.

How Memories act as a Bridge

Emotional Anchor: Memories ground you during the turbulent waves of grief, reminding you of shared joy and love.

Continuing Bond: They allow the relationship to evolve, keeping the person's story and impact part of your daily life.

Validation: Re-experiencing happy memories validates the love you felt, showing sorrow isn't being "*stuck*," but proof of a meaningful connection.

Sense of Presence: Engaging with memories makes the deceased's presence felt, even in absence.

Ways to Build your Memory Bridge

Memory Box: Collect photos, notes, trinkets, and mementos as tangible links to the past.

Journaling: Write down stories, feelings, and funny anecdotes to process and preserve them.

Share Stories: Talk with family and friends; sharing keeps their legacy alive and offers mutual support.

Rituals & Tributes: Create traditions like celebrating birthdays, playing their favourite music, planting a tree, or visiting special places.

Guided Reflection: Use techniques like guided meditation (like "memory bridging") to gently recall positive experiences and balance pain with love.

Benefits in Healing

Transforms Grief: Turns overwhelming pain into a more meaningful journey of remembrance and personal growth.

Fosters Connection: Helps you feel connected and less alone in your loss.

Preserves Legacy: Ensures their values, personality, and impact live on for future generations.

*Our lives are tied together with the heart of happy memories,
the joy of special moments, and love that will last forever.*

Anon

HEAVENLY BIRTHDAYS

FOREVER YOUNG

FOREVER LOVED

FOREVER MISSED

APRIL

4th April, 1975 - **Megan**, daughter of Maureen

23rd April, 1996 - **Jasmine**, daughter of Denise & Brenton

MAY

17th May, 1989 - **Laura**, daughter of Connie & Graeme, sibling to Emma

18th May, 1983 - **Jessica**, daughter of Sarah & Michael

19th May, 1973 - **Allison**, daughter of Terry & Lynette, sibling to Andrew & Matthew

24th May, 1973 - **Simon**, son of Christine, sibling to Mark

27th May, 1998 - **Brandon**, son of Kyla & Justin, sibling to William

JUNE

27th June, 2007 - **Benjy**, son of Anna, sibling to Jasper & Henry & Edie

♥ *"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}

APRIL

6th April, 2022 - **William**, son of Rebecca & Michael, sibling to Olivia & Emma

MAY

23rd May, 2024 - **Alex**, son of Lindi, sibling to Aaron

26th May, 2014 - **Gemma**, daughter of Kay,

JUNE

2nd June, 2010 - **Alyse**, daughter of Brian & Annette, sibling to Caelum & Nicholas & Chloe

6th June, 2023 - **Aaron**, son of Lindi, sibling to Alex

24th June, 2022 - **Dillan**, son of Vera, sibling to Amelia & Adam

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

The name of your Child/ren has been published here from the list of current members. If you 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.



PARENT

The Beautiful Name of "Parent"

People often ask why there is not a word for someone who has lost a child. For me the answer is quite simple; I am and always will be a parent. The death of our child does not take that precious title away from any of us. Nothing and no one can ever change the fact that we are parents. We gave life to, nurtured and raised our children, for however long or short their lives were.

"Parent" is a living word. It is an eternal word.

Our children would want us to remember that we are their parents now and forever. They would want the name of "parent" that was bestowed on us at their birth to live on in our hearts. We are still actively parenting our children. We continue to bring life to our children by loving them now and forever. There is not and should never be a word to signify the endless love of a parent.

by Janet G. Reyes TCF Alamo Area Chapter, TX



**You are a Parent, even if the world forgets to say their name.
Even if there is no birthday party in the way there once was.
Even if your arms feel unbearably empty.
You are still, and always will be, their Parent.**



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 TCFA pamphlets. We thank them for their generosity and support.

WEBSITE – Alex Kebell



Some Internet Grief Resources

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

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

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

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

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

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

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

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

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

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



EMPATHY



SUPPORTIVE



HELP



COMPASSION



WELLBEING



CARING

Resources

Grief link (well recommended)

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

TCF New South Wales

www.thecompassionatefriendsnsw.org.au

TCF Queensland

www.compassionatefriendsqld.org.au

TCF Western Australia

www.compassionatefriendswa.org.au

TCF Mandurah

www.tcfmandurah.bravehost.com

tcfmandurah@bigpond.com

TCF Victoria

www.compassionatefriendsvictoria.org.au

TCF UK

www.tcf.org.uk

TCF USA

www.compassionatefriends.org

Bereaved Parents USA

www.bereavedparentsusa.org

Alive Alone

Parents with no surviving children

www.alivealone.org

Rural Resources

Adelaide Hills Bereavement Service

Ph 08-8393 1888

Southern Fleurieu Bereavement Support

Ph 08-8552 0600

Please contact us with details

of any other resources you have found helpful.

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

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

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





The Compassionate Friends
South Australia

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Kent Town

S.A. 5071

tcfsainc@outlook.com

www.compassionatefriendssa.org.au



ABN: 79953386024

Application for Membership

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

Member Details

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

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

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

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

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

Loved Ones Details (print additional copies for multiple children)

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

Membership Option

Amount

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

Donations

Donations are highly encouraged – please ensure a separate transaction is made for donations to receive a tax deductible receipt. All donations over \$2 are tax deductible.
We gratefully accept donations via cash or through our website:

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

Payment Method

Total \$

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