



GRIEVE HEAL GROW



The Compassionate Friends Victoria AU Magazine

Supporting Parents and Siblings after a Child Dies



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24 HOUR Grief Support

Telephone 9888 4944 - Freecall 1800 641 091

Phones Staffed by Bereaved Parents & Siblings

www.compassionatefriendsvictoria.org.au





The Compassionate Friends Victoria Inc

The Compassionate Friends Victoria is part of a worldwide organisation, which was founded in England in 1969 and established in Victoria in 1978. It is a mutual assistance, self-help organisation offering friendship and understanding to families following the death of a child or sibling of any age and from any cause. The primary purpose is to assist them in the rebuilding of their lives after the death of their child or sibling and to support their efforts to achieve physical, emotional and mental health.

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TCFV Membership Renewal

The Compassionate Friends Victoria (TCFV) provides this magazine as a part of a range of free services provided to members. (Membership is free in the first year.)

When your membership is due for renewal, we will send you an invoice for the next 12 months. (Membership is currently \$50 per annum for members and \$65 for professionals and others.) If you no longer wish to be a member, please tick the appropriate box and return the invoice immediately. If you wish to pay your membership in regular instalments, please contact the Centre and we will work this out with you.

Please let us know immediately if your personal details (e.g. address) change during the year.

24 HOUR Grief Support - Available on Telephone 1800 641 091 / 03 9888 4944
Bereaved Drop In Centre Hours 9.00am - 4.30pm Monday to Friday

Disclaimer: Unless expressly stated, the views expressed in articles, poetry etc. in this magazine are not necessarily the views of TCF Board of Management, staff or the editorial team. The editor reserves the right to edit any contribution. Permission is given to Editors & Chapter Leaders of The Compassionate Friends to reprint material from the magazine. We request that credit be given to the author & their TCF Chapter.

The Magazine Team

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Layout & Design: SM Creative

Team Members: Betty Baker, Pat Burns, Judy Dowling, Jenny Galati, Trevor Faragher, Mary Weatherhead



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Notice Board

contributions to the next magazine...

If you would like to contribute a Love Gift, article or letter for the magazine, please submit the written piece by the 1st of March, May, July, September, November or January for inclusion in the following magazine.

While we do have set themes for each edition, these make up only a small part of the magazine. Poetry, artwork and stories about your child are needed for every edition.

We also look for photos / artwork you have done for our front page.

February / March 2017 : Self Care & Road Trauma
April / May 2017 : Easter / Mother's Day
June / July 2017 : Suicide and Homicide

You can send via mail to:
The Editor, TCF, PO Box 171, Canterbury, Vic, 3126.
or email jennyng@compassionatefriendsvictoria.org.au
or debbins65@yahoo.com.au



End Of Year (Christmas) Dinner



Bereaved by Suicide Support Group & Bereaved by Suicide Social Dinner Group

Monday, 12th December 2016, 7.00pm
Blue River Thai restaurant 239 Canterbury Road Canterbury - \$35 per head (drinks extra)

Please contact Danny Bendel on 0408 448 404, email; dbendel@stafford.com.au
Or Jan Harrison tel 9877 0781, email janharri@iprimus.com.au

RSVP by Sunday, 27th November

Please also advise any special dietary requirements. In particular all us vegies have been asked to sit together for food sharing.

(Please note that this dinner replaces the Social Dinner Group's usual dinner that would otherwise be held on the 4th Thursday of December.)



Editorial Team

The older I get, the faster Christmas seems to come around. Years fly by. Blink and you'll miss them. The weird thing about time flowing so fast is that Melissa's death always feels like yesterday. Just yesterday, she was here smiling and laughing and being a pain in the butt. Just yesterday, she was cuddling our neighbour's cat and didn't want to put it down. Just yesterday, she was running around the rumpus room with her friends, singing along to music. Just yesterday.

When I think that it has been over fourteen years since Melissa died, I am amazed that so much time has passed. I miss her every minute of every day.

Christmas can be a difficult time of year for many. It can be happy, sad and all the emotions in between. Please look after yourselves and your loved ones over this holiday period.

Merry Christmas, Happy Hanukkah, Happy New Year.

Blessings,
Deb Gates.
Mother of Melissa
TCF Vic Au



The Compassionate Friends Victoria "TIME OUT" Retreat Accommodation Program



Affordable accommodation – for when you need some "time out" from your daily life and the impact of grief.

This program provides accommodation at a much reduced rate for TCF members and their families who need – at fairly short notice – an escape from their day-to-day grief.

Some properties are available for a couple of days mid-week, or for a full week, at a greatly reduced fee.



Please call our Bookings Officer Andrew McNess at the Centre
- ph: (03) 9888 4944 or free call 1800 641 091 (Country Victoria) -
or email: andrewm@compassionatefriendsvictoria.org.au
– for details and availability.

(Important note: properties are most likely to have availability during the week, rather than weekends)

Properties at:

POINT LONSDALE	ANGLESEA
LOCH SPORT (Gippsland)	WARBURTON
CANTERBURY	RYE



THE HOLIDAY BILL OF RIGHTS FOR GRIEVERS

When it comes time for the first holiday season after the passing of a loved one, you should recognize that it will not be the same and that trying to keep everything as it was will only result in disappointment. Doing things even a little bit differently can acknowledge the change in your life while preserving continuity with the past. No matter how you choose to make changes, be sure that one of them does not involve isolating yourself from others.

Nothing will change the fact that the holidays will be difficult for you, but there are also ways to experience joy and pleasure. Finding joy in giving and receiving does not mean that you have forgotten your loved one or that you love him or her any less. That is why we offer you the Griever's Holiday Bill of Rights:

1. You have the right to say, **"Time out!"** any time you need to. Time out to let up, blow a little steam, step away from the holidays, have a "huddle" time and start over.
2. You have a right to **tell it like it is**. When people ask, "How are you...?" you have the right to tell them how you really feel, not just what they want to hear. (P.S. You also have the right to smile and say you're fine, because telling them how you really feel isn't worth your time; some people will never understand, anyway.)
3. You have the right to some "bah humbug" days. You don't have to be "Jolly Old Saint Nicholas" all the time. You are not a bad person just because you don't feel like singing Christmas carols all day.
4. You have the right to **do things differently**. There is no law that says you must always do Christmas the same way. You can do ten cards instead of a hundred--or no cards at all! You can open presents at somebody else's house. You can do without a tree. You can have pizza instead of turkey! The list is endless.
5. You have the right to **be where you want to be**. Be at home or at the relatives. Be in any city, any state you choose! **Nobody said you have to have snow to have Christmas!** There's no law that says you must stay home.
6. You have the right to some **fun!** When you have a day that isn't so bad and you feel like doing something for fun, then do it! Don't be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears!
7. You have a right to **change direction in midstream**. Holiday grief is unpredictable. You may be all ready to go somewhere or do something and suddenly be overwhelmed. When that happens, it's alright to change your mind. There's plenty of time in life to be predictable. Exercise your right to change when you need to.
8. You have a right to **do things at different times**. Go to church at a different time. Open presents at a different time. Serve your meal at a different time. Give up and go to bed at a different time. **Don't be a slave to the holiday clock!**
9. You have a right to rest, peace and solitude. You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and meditate to recharge your spirit--it can do much more good than eating another huge meal.
10. You have the right to **do it all different again next year**. Just because you change things one year does not mean you have it written in stone. Next year, you can always change it back or do it in yet another new way.



Christmas at Midnight

Christmas Eve at midnight, the family's fast asleep,
There's still some hours before the dawn,
But right now it's just me,
I slip out the back door, unplug the Christmas lights
Turn my face up to the heavens
Hoping for a cloudless night,
Now I'm not gonna pretend, I don't miss you every day,
But there's something about this time of year
That makes it worse some way
So I come out at midnight, just looking for a star,
Some kind of sign to tell me,
You're doing okay where you are
Christmas at midnight, wishing you were here
Surrounded by memories,
Of the times we used to share,
I know you knew I loved you, 'cause I told you 'fore you went,
But I'm missing all the good times, and all the things you meant
Christmas at midnight
I smile at pictures in my minds eye,
Of every Christmas past,
Of the music and the laughter,
And the memories that last,
it hurts that you're not here tonight,
But I know that you're not gone,
These memories are precious gifts,
And lessons to pass on,
Those kids asleep and dreaming, need memories when they're grown,
Of the music and the magic and the laughter all their own,
I know they won't remember, half of what I say,
But I'll tell them all that I can before I must go away,
Christmas at midnight, wishing you were here
Surrounded by memories,
Of the times we used to share,
I know you knew I loved you, 'cause I told you 'fore you went,
But at dawn there'll be more memories made, so now it's time for bed,
Christmas at midnight

www.willisentertainment.com



President's Report for December - January 2017



Hello Friends

There's always the good and the bad! Good days and bad days. Good months and bad months.

And, for us, Christmas is generally good and bad too. Good if we're lucky enough to have good family and friends around us; but there's always the painful side for us.

One of the features of The Gathering was the "paint a rainbow" activity facilitated by Robyn Reeve. It showed us how deeply we can reach in to ourselves through art without needing to have any artistic ability at all. Like writing, art can be a really helpful part of finding our way after our devastating loss.

You may be interested to know that we have launched a new program called "Express Yourself through Art". Facilitated by Lauren Forster, this program encourages people to express their feelings through artistic expression. (No skills are required!) The next session will be on 19 December at Canterbury.

Let's mentally and spiritually hold hands, embrace and support each other. Let's keep in mind that there are always others who feel similarly to how we feel, that we can draw on knowing how other members of The Compassionate Friends care and that there is always our 24 hour grief line.

One of the great opportunities for support and healing is The Gathering which has been held every 2 years since it was initiated in the 1990's. It was held recently: October 21 – 23. There is a wonderful description of what it was like that you can find in this magazine and which was written by Ian Zadow.

The Gathering could not have happened without the hard work of Karen Philippzig supported by Jenny Galati and many volunteers. On behalf of especially those of us who were able to be there: a big thank you.

The move in to our new home at 229 Canterbury Rd was a huge endeavour with a huge effort put in by all of our staff and with considerable help from quite a few volunteers. It is amazing to think that, at last, we have our own home. Do drop by if you haven't done so already.

And do take care.

'Tis the season to ... take care of ourselves.

Andrew Weatherhead

President of TCFV

Father of Max who died and Erica who deserted us)



THE COMPASSIONATE FRIENDS VICTORIA INC

FACEBOOK PAGE

Click "LIKE" to connect with other bereaved parents and siblings, share posts and stay up to date with what is happening within the organisation.

Another great opportunity to link in with others who are travelling a very similar road.

<https://www.facebook.com/TheCompassionateFriendsVictoriaInc/>



CEO Report: Home Sweet Home



It has long been a dream of The Compassionate Friends Victoria (TCFV) to own its own home.

Some time ago, the Acorn Foundation was established to raise funds for TCFV, so that we could indeed reach that goal. Through their hard work and the hard work of countless other volunteers,

we finally achieved that dream when we moved into 229 Canterbury Road Canterbury on 21 October 2016!

But it is more than just a building – it really is the home for TCFV members.

What does this mean?

To me, home is a safe haven. It is where you go to:

- Be yourself
- See what's in the fridge/cupboard to eat
- Have a tea/coffee and relax
- Sit around the table and chat with family and friends
- Just be by yourself and have a read, or just shut the door and shut out the world for a few minutes

That's what our new home at 229 Canterbury Road offers. That is its main purpose. All of that is available on the Ground floor. Please make use of them – after all they are here for you.

"Yes, but that's alright for you in the city," I hear you say.

Being a country person myself, I know that dropping in for a cup of coffee in Canterbury can be more trouble than what it is worth!

We are working on a range of solutions to enhance contact with our rural and regional members.

But first, I remind all members of the TIME OUT program, where you can access low cost (but quality) accommodation around Victoria. This provides you with

the opportunity to have time away from the normal day to day stresses of life.

For more information, please ring Andrew McNess in the Canterbury office.

We are now trialling an on-line support group format to enable people to access support when our normal support is unavailable.

We are also developing on-line learning modules so that you can access some of the programs that have only been conducted here in Melbourne.

One of our major goals is to take TCFV into regional Victoria. Consequently, we have submitted funding requests to help us to:

1. Promote TCFV
2. Provide education and awareness programs

In short, it is a major part of our plans over the next 2 years to increase awareness for all Victorians about TCFV and the impact of grief and bereavement on parents and siblings.

Just before I wrote this article, I watched a video showing some of the highlights of the recent Gathering. I wish I could have attended, but I was unwell. It was obviously a very well planned and, more importantly, beneficial event for those there.

I could see that people enjoyed the workshops and were energised by the opportunity mix with each other. The opening and closing ceremonies were very moving.

Thank you very much to everyone: presenters, participants, organisers and Organiser In Chief: Karen.

John Sedunary
Chief Executive Officer



From The Centre

MAGAZINE MAILOUT TEAM OCTOBER/NOVEMBER 2016

A very BIG Thank-you to you for a great job getting the October/November magazine mailed out to you.

Thanks, to Betty Baker, Victor Cattapan, Phil Jones, Bruno Herman, Mal and Lyn Lacey, Trudi McKay and Adrienne Moszkowicz.

Thanks again!!

Drop in to the Centre

You are welcome to drop in any weekday when there is always another member volunteer here between 10.30am and 3.00pm. If you'd like to come at lunchtime, feel free to bring your lunch, or we can enjoy a cup of tea or coffee and a biscuit or two. The library is a cosy and welcoming room and you are welcome to visit for some time for quiet reflection, or to browse through the books, which you are most welcome to borrow.



DONATIONS

Thank-you to Marika Bayley who donated butterfly stickers in memory of her daughter Stephanie.

Thank-you to Diane Johnson who donated cards and stickers in memory of her son Michael and her granddaughter Sarah.

Thank-you to Glenda and Allan Beechey who donated cards and butterfly stickers in memory of their son David.

Thank-you to Colin and Jo-Anne McCahon who donated cards and butterfly stickers in memory of their son Liam.

Thank-you to Debbie Cooper who donated cards and butterfly stickers in memory of her son Ryan.

Thank-you to Sheila Schutz who donated butterfly sticker in memory of her two sons, Brett and Ray.

Thank you to Michelle, Orhan and Aylin Ergin for the donation of various items in memory of their son and brother Sahin.

Thank-you to Tracey and Rob Medew who donated cards and butterfly stickers in memory of their son Brendan.



Gatherings!!

Weekend gatherings start with a lot of anxieties. I know I was anxious. The feeling in the air at the registration table can be of anxiousness and nervousness. There are always a lot of newly bereaved parents as well as old familiar ones.

The opening ceremony will always cause some to shed a few tears but it's also a time of bonding, I feel. There's nothing like sharing tears of grief and feeling that it's ok to cry. Guest speakers are always informative, real and motivating. And being human they can sometimes get emotional even if they had rehearsed their talk numerous times prior to the gathering - at home with family and friends. I like the style of the opening of the weekend. Official, yet loving and gentle.

However, I do feel at that minute I arrive I am entering a place of understanding and love. A place I can say Lauren-Kay's name over and over and over again, and a place where I can talk freely and have someone finish my sentences. Express what I can't sometimes. Someone who can feel their own pain but also witness to mine.

Food and more food is available for morning tea, lunch and afternoon tea, as well as tea and coffee on tap (including water for rehydrating the fluid taken by tears from the body).

The weekend feels like we are in a cocoon type situation, surrounded only by other similar grieving parents/step parents/grandparents and siblings. A cocoon where the outside world is just that, outside, and not competing with us. Yet our own grief is personal and unique to us. No one including your spouse or sibling will grieve exactly the same way you do. However, being around like-minded people allows us talk about our own grief openly. I myself know that when I share my grief outside myself, healing occurs.

The weekend allows me to speak from the head and the heart. Doing so doesn't mean I am losing control or 'losing my mind', being needy or wanting pity. It is a normal part of my grief journey. It also allows me to bring in a treasured photo or memory of Lauren-Kay. I like to bring out my cricket bat. I have a photo of Lauren holding the exact bat. Memories can be tinged with happiness and obviously sadness. But the weekend in the company of others allows me to laugh or smile at the memory or cry at the memory within a safe environment.

Workshops for an hour or two can make you think and devise some sort of future strategies for your own grief in order to re-enter the outside world and move forward somehow.

They definitely added enormous value in assisting me in all types and variations of ambushing that takes place in my life.

Workshops run by our peers who are bereaved can provide some light fun and some new information, as well as allowing us to continue to bond with each other. There are workshops for everyone ranging from meditation, stretching, walking, games, and practical things to make and create. If you just want a quiet cuppa and a chat with someone about a specific problem you may have, you can. I presented one of the sessions and was still able to attend another one on the Sunday and got some good vibes.

We do have some fun and a few laughs and I have learnt that laughter can help cleanse the soul and clear the mind for the challenges of the next day.

The dinner on the Sat night is always a hit. Good food, some lovely speeches honouring the hard working volunteers, as well as once again the bonding that goes with sharing a meal with a fellow bereaved parent or sibling. Gentle conversations can flow from sharing such a meal. I know I am able to be more attentive to others and able to open up when this occurs. Oh, and if you are lucky you might get a little shoulder massage after dinner like some of the ladies did.

Ultimately it does come to a close. I have heard many people mention how they wish it didn't have to end, as many new friends were made. I know I made some new friends. The closing ceremony is always done and it is difficult to get right, as there are many people at different stages of their grief journey in attendance and no one theme can always work for everyone.

This year's closing highlighted the rainbow theme and how rainbows can represent loss but also new beginnings. We were all encouraged to paint our thoughts of our loved one using the 7 colours of the rainbow onto a small blank canvas. I believe it provided an opportunity for each individual to get as close to their grief, that dark scary place, or as far away as they wanted to by thinking, feeling and painting their design in silence within the safety of the group. The multitude of different results is testament to this. I thought some paintings were very artistic and thoughtful while others were just some squiggly lines (like mine) still with meaning but without over thinking the moment. Here they all are.



Gatherings!! cont

I will always view my painting as another day that I am bereaved as I remember by reaching into my pocket and feeling that brick of grief weighing me down. Why I am here? A member of that club that I and no one else on that weekend wanted to be in.

Sadly and I mean sadly, for my fellow man there weren't many there - men that is. This bonding with other good blokes is good for me and I'm sure for them too. We can share a joke, have a laugh, tell a story and listen to each other while still being kind and gentle to each other. So the many men that are reading this, come on and join in next time for my sake and your own!

You don't have to be a social butterfly, like I can sometimes be, to enjoy the weekend. Did I say enjoy? I really mean develop a sense of togetherness, closeness, stimulation, and some love towards other human beings who know or can directly relate to what you are going through. As our credo says "we need not walk alone" and how true it is at our gatherings! And who knows you might make some good friends like I have! It's also a chance to meet the people that you may talk to at the centre or read about on emails, on the website or via the bimonthly magazine. That person you thought was hairy may be bald.

So why am I writing this? Well, to acknowledge the work behind the scenes by the many - and you know who you are - to say thanks from me and on behalf of everyone. To thank the people I connected with who helped me in my grief. And to suggest that you, the reader, who didn't go to think about it in 2 years' time.

Think about your own grief. Could you do with a kind word or two, a listening and understanding ear, a laugh to clear those cobwebs out or just a check up to see if you are on the right track? Well, the gathering might be over but the people are still around. Around in the centre available anytime for that chat, ear, laugh or confirmation. Go on, pick up the phone or go for a visit, I dare you as things have changed. We have moved to a new location some 20 doors up from where we were.

Oh, and if you go to the next gathering or any TCF run event, be sure to be kind and gentle with yourself in the hours and days after. I know I can sometimes feel quite anxious, stressed and in a daze from my mind trying to decipher all the information and emotions taken in.

Love to you all, Ian

Loving Dad of Lauren-Kay and TCF Vic board member
....and person on his grief journey just like you.





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Paul, Luke and Jacob

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Sunday | December 11, 2016 | 6:00pm – 8:00pm

Join us at the centre to take part in our
Worldwide Candle Lighting Service,
the largest mass candle lighting on the globe to honour the
memories of our sons, daughters,
brothers and sisters.

Highlights: Gentle music, poems and readings by bereaved
parents and siblings, candle lighting including the reading of
children's names, sharing time, hugs, tears and laughter.

Bring: A small photo of your child or sibling to hang up.
A plate of refreshments to share.

To ensure we have enough candles, please RSVP via
www.tcfv.org.au/candlelight-memorial



From The Guestbook
www.thecompassionatefriendsvictoria
Something to lift your spirits

“THE NEXT PLACE”

The next place that I go will be as peaceful and familiar as a sleepy summer Sunday and a sweet
untroubled mind.
And yet... it won't be anything like any place I've ever been or seen
Or even dreamed of, in the place I leave behind.
I won't know where I'm going and I won't know where I've been, as I tumble through the always and
look back toward the when.
I'll glide beyond the rainbows. I'll drift above the sky, I'll fly into the wonder, without ever wondering
why.
I won't remember getting there. Somehow I'll just arrive. But I'll know I belong there and feel much
more alive than I have ever felt before.
I will be absolutely free of the things I held onto that were holding onto me.
The next place I go will be so quiet and still, that the whispered song of sweet belonging will rise up
to fill the listening sky with joyful silence,
And with unheard harmonies of music made by no one playing, like a hush upon a breeze.
There will be no place for darkness in that place of living light, where an ever-dawning morning
pushes back the dying night.
The very air will fill with brilliance, as the brightly shining sun and the moon and half a million stars are
married into one.
The next place that I go won't really be a place at all. There won't be any seasons, winter, summer,
spring or fall----
Nor a Monday nor a Friday nor December nor July and the seconds will be standing still while hours
hurry by.
I will not be a boy or a girl a woman or a man I'll simply be just, simply me. No worse or better than.
My skin will not be dark or light, I won't be fat or tall. The body I once lived in won't be part of me at
all.
I will finally be perfect. I will be without a flaw. I will never make one more mistake, or break the
smallest law.
And the me that was impatient, or was angry or unkind, will simply be a memory - the me I left
behind.
I will travel empty handed. There is not a single thing I have collected in my life that I would ever
want to bring.
Except the love of those who loved me, and the warmth of those who cared.

Thank you to Melissa Fear for sharing this lovely piece from a book written by Warren Hanson.
Melissa is the loving mother of Ashley (2007).J.D.



BROTHERS & SISTERS



The Siblings Magazine of The Compassionate Friends Victoria

Grief Meets The Smart Phone

Written by Litsa (What's Your Grief website – <http://whatsyourgrief.com>), published 16 April 2015, article found at: <http://www.whatsyourgrief.com/grief-meets-the-smart-phone/>

It won't be news to any of you when I say that while you are grieving you can be doing fine one minute and having a total meltdown the next (sometimes in Target, in the sock aisle). There are plenty of phrases to describe this phenomenon – grief waves, TUGs (temporary upsurges of grief), grief attacks, you get the idea. All capture that distressing reality that sometimes, especially early on, grief makes daily functioning feel almost impossible.

Then there are the days that just suck. Maybe you aren't crying in public or feeling totally dysfunctional, but it is just an overall totally crappy day. In the early days of grief almost everyday falls into one of these categories. As years pass those days may spread out a bit, but they don't go away completely. Sometimes you see them coming from a mile away – birthdays, anniversaries, holidays. Sometimes they catch you off guard, knock you off your feet and you just can't pull it together. The other day I was listening to "Snap Judgement" and in one of the stories a woman referenced in passing using her phone as a tool to remember her reasons to live when she was considering suicide. You may be feeling a little confused about how that works, so let's take a step back. Reviewing reasons to live is a common technique suggested for those struggling

with suicidal thoughts, but it can be easier said than done. When your brain is fixating on only the negative things in your life it can be very hard to force yourself to think of anything else, even when you want to. This is why having something tangible is often suggested – photos, cards from people you love, etc. Looking at things like photographs (or using our senses in different ways) can actually trigger changes in our brains that can help us feel just a little more positive.

Problem is, when despair attacks (be it grief, depression, suicidal thoughts, or anything else) we often think we have nothing tangible to look at -no photo albums, letters or other recommended items. But fear not, because what do most of us always have on hand? Our smart phones!

Inspired by Alana Massey on Snap Judgement, today we suggest looking at your phone just a little bit differently. Instead of seeing a texting machine or lifeline to social media, we are going to help you turn your phones into a brilliant little pocket-sized survival tool for those especially bad days when you have nothing else to reframe your thinking. Pull out your phone (if you're not reading this on your phone already!) and let's get going."

24 HOUR Grief Support

Telephone 9888 4944 - Freecall 1800 641 091

Phones Staffed by Bereaved Parents & Siblings

www.compassionatefriendsvictoria.org.au





BROTHERS & SISTERS

Step One: Create an Album Folder

In the photo area of your phone, create a new folder that will specifically be filled with things that make you feel good. You can name it anything you want. Alana Massey calls hers 'Stuff' – it doesn't matter what you call it, just so you know what it is. In this folder you will start compiling just about anything that makes you happy.

Step Two: Start Filling Your Folder with Photos

Start with photos already on your phone – friends you love, family you love, pets you love, places you love, things of beauty, you get the idea. These may be photos you have taken, they may be photos you saw online or on social media and saved to the folder. It doesn't matter, whatever brings you joy, but make sure to just pick the ones that make you really really happy. If you have photos you love that aren't digital, don't stress. Just snap a photo of the photo with your camera phone and add them to the folder. Save videos in this same spot and consider creating new videos. Watching your grandchild playing on a tyre swing and wishing the moment would never end? Record a quick video on your phone and add it to the folder, so you can watch it at a moment when you really need it.

Step Three: Screenshot!

Sometimes an email, facebook message, text message, tweet, or instagram comment makes your day. It may be something super nice from a friend, it may be something that just makes you laugh or smile. Whatever it is, you can add this to your folder too so you can easily revisit it later. Take a screenshot and save the image. Not sure how to screenshot on your phone? It is super easy – it takes approximately one second, literally. Here are instructions for screenshotting on an iphone and a galaxy. If you have another type of phone just google 'how to take a screenshot on' and add whatever phone you have. Don't even know what a screenshot is? It's exactly what it sounds like – a photo captured of whatever is on the screen of your phone at any given moment. I am including a screenshot example below (and an example of identifying gratitude, to boot).

Step Four: Use Your Playlists

The role of music in coping is often, imho, grossly underestimated. We have an article here all about music, grief and the brain, breaking down what is going on in our heads when we listen to music. Having a playlist of songs you love, that cheer you up, that bring you joy, or that otherwise motivate you can be a great tool to have at your fingertips at

the moments you're struggling. Check out our short post on playlists and why we love them. If you have a playlist like this, we would love to know what's on it! Leave a comment. And you can listen to this song that is on my playlist for when I am having a crap day.

Step Five: Videos, videos, videos.

In case you don't know, or have somehow forgotten, Eleanor and I are big supporters of random YouTube video therapy* (*disclaimer, YouTube therapy is not an official or evidence-based therapeutic approach, nor should it be. But that doesn't change the fact that sometimes random YouTube videos are pretty awesome). Many phones come standard with the YouTube app or you can always download it. What you may not know is you can set up a playlist in your YouTube app. This is a list of all your favorite videos so, at any moment, you can watch a video to brighten your day. Not familiar with our YouTube-Love posts? Whether it's flashmobs or cute puppies or kids saying the darndest things or movie clips or whatever else floats your boat, having YouTube at your finger tips can help your mood if you use it right.

Step Six: Meditation and relaxation, anytime anywhere.

Along with music, don't forget that your phone is a great place to download guided meditations of all sorts, guided progressive muscle relaxation, guided breathing exercises, visualization techniques, and tons of other great tools. When we have a grief meltdown (or any emotional meltdown) it can be hard to refocus. You have to let the pain come, to be with it, but ultimately we need to calm ourselves and refocus. Having these tools on your phone, either as audio download files or meditation podcasts, can be hugely helpful when you just need another voice to help guide you through some calming techniques. Check itunes for audio downloads, or podcasts. These are also great tools if you are struggling with sleep, as are the many apps that provide relaxing sleep sounds.

Step Seven: Use your phone the old fashioned way – calling and texting.

Don't forget that your phone can connect you to real, live people! Program in not just the numbers of your friends and family, but of grief support friends, your therapist, a suicide hotline, and your favorite day spa (you never know when an emergency massage is just what you need!). The key is then to use those numbers when you need them. Call friends or family or those support resources if you are feeling especially low and can't dig yourself out of the hole. Even when we feel alone, we are often not as alone as we feel.



BROTHERS & SISTERS

BEREAVEMENT QUOTES FROM LITERATURE, OLD AND NEW

"The mystery of death, the riddle of how you could speak to someone and see them every day and then never again, was so impossible to fathom that of course we kept trying to figure it out, even when we were unconscious."

— Francine Prose, *Goldengrove*

"Grief is love turned into an eternal missing"

— Rosamund Lupton, *Sister*

"So it's true, when all is said and done, grief is the price we pay for love."

— E.A. Bucchianeri, *Brushstrokes of a Gadfly*

"Rest in peace?
Please, God, no. Haunt me, Sofia.
You said you'd haunt me."

— Helen Maryles Shankman, *The Color of Light*

"The depth of the feeling continued to surprise and threaten me, but each time it hit again and I bore it...I would discover that it hadn't washed me away."

— Anne Lamott, *Travelling Mercies: Some Thoughts on Faith*

To live in hearts we leave behind
is not to die."

- Thomas Campbell



BROTHERS & SISTERS

Silent grief – the overlooked impact of losing a sibling

Authors: the Psycholopaedia team (The Australian Psychological Society), published 12 September 2016,
<https://psycholopaedia.org/family-and-relationships/silent-grief-the-overlooked-impact-of-losing-a-sibling/>



The death of a brother or sister during the teenage years can affect how young people develop independence, romantic relationships and even career paths. When a young person dies there's usually an outpouring of grief as the extended family and local community step in to provide support for the bereaved parents and practical assistance caring for younger siblings affected by the loss. Tragically, adolescent siblings, caught between the innocence of childhood and responsibilities of adulthood, often miss out on the support they need, which can have a long-term impact on their development and mental wellbeing.

Misunderstood loss

Very little research has examined what psychologists call 'adolescent sibling bereavement'. Researchers Jan-Louise Godfrey and Associate Professor Roger Cook from Swinburne University of Technology recently completed a study that examined how sibling loss affects development during the teenage years and beyond.

The study found that adolescents confronted by the loss of a sibling often experience trauma associated with the loss or witnessing the decline of their sibling as well as a sense of disenfranchised grief, where the intensity of their grief may not be recognised by other people or may be seen as lesser than that of their parents.

"People often don't recognise the intensity of the grief that the adolescent is experiencing and sometimes overlook just how important the relationship with their sibling was to them," says Godfrey.

Worryingly, she says the combination of trauma and disenfranchised grief can lead to mental health problems like anxiety, depression and disordered eating.

Developmental delay

What's more, because adolescence is a significant identity-building period, Godfrey says losing a sibling can impact long-term development in three key areas: independence, the formation of romantic relationships and career progression.

"The study found that witnessing parental grief can be hugely impactful for teenagers in knowing how to support their parents and wanting to be there for their parents," she says.

"Quite a few of the participants said they felt responsible for their parents' wellbeing and some took on personal care of their parents. Adolescents tend to stay around home when that happens so their normal process of separating from parents is influenced by this desire to remain at home and look after their parents."

When it comes to dating, Godfrey says many participants avoided or experienced trouble forming relationships because they couldn't bear the pain of it not working out. "Having some of those feelings of loss triggered by the failure of a romantic relationship wasn't a risk that they wanted to take," she says. At school and university Godfrey says some participants reported that their studies suffered as a result of their loss as they were unable to concentrate, apply themselves or submit assignments on time, particularly at university. "That has long-ranging effects on career choices if they can't get through the degree they want," she says.

Later in life, adolescent sibling bereavement can impact on grown-up attitudes to child-rearing – characterised by anxiety that what happened to their sibling may happen to their child – and trigger an intense sadness among 'accidental' only children.

"You may end up being an only child if you lose a sibling," says Godfrey. "That was reported as being a very lonely experience. With milestones like finishing school, getting married, having a child or as parents age, participants tended to revisit those feelings of loss. It's an enduring grief that is often revisited."

What you can do

If you know a young person who has lost a sibling, Godfrey says offering a supportive ear can help. "One of the themes that came through in the study was being able to listen to the story," she says. "The people who had someone who was able to sit there, listen and empathise tended to cope a lot better."

"It links back to the notion of disenfranchised grief because in today's society we tend to shy away from death, especially because this is such an unnatural death in terms of the age of the person who died. Being open to listening to someone can be hugely beneficial. They may not want to talk but if they do at least you're there."

Bio: Jan-Louise Godfrey is currently completing a Doctorate in Psychology (Counselling Psychology) at Swinburne University of Technology. She also works at the Australian Psychological Society focusing on mental health in the workplace and with young adults as a student counsellor at Monash University. Jan-Louise holds a Master of Organisational Psychology and has a background in organisational development, psychological assessment, leadership development and HR consulting.



'Twas the Month Before Christmas

*Celine Hartery
Mother of Carlton and Angel Crystal
TCF Atlanta*

'Twas the month before Christmas and I dreaded the days,
That I knew I was facing with the holiday craze.
The stores were all filled with holiday lights,
The dark was filled with sleepless nights.
As others were making their holiday plans,
My heart was breaking - I couldn't understand.
I had lost my dear child, over 3 years ago.
Now pain is my companion, even in snow.
When out of nowhere, there arose such a sound,
I sprang to my feet and was looking around.
Away to the window I flew like a flash,
Tore open the curtains in one mad dash.
The sight that I saw took my breath away,
And my tears turned to smiles in the light of the day.
When what to my wondering eyes should appear,
But a flock of birds, just fluttering near.
With beauty and grace, they flew as in a dance,
I knew in a moment this was not by chance.
The hope that they gave me was a sign from above,
That my child was still near me and that I was loved.
The message they brought was my holiday gift,
And I cried when I saw them, yet it still was a lift.
As I looked closer to get a better view,
I thought them beautiful, and felt that they knew,
I had wanted a hug from their fragile wings,
To help me get through what the holiday brings.
In the days that followed I carried the thought,
Of the message the birds had left in my heart.
That no matter what happens or what lies ahead,
Our children live on, they are not really dead.
Yes, the message of the birds still ring in my ear,
A message of hope - a message so dear.
And I imagined they sang as they flew out of sight,
"To all bereaved parents-- We love you tonight."



As Long As I Have Music'

*Words by Don Besig and Nany Price.
In memory of Patrick Dowling*

“When the world seems far beyond me, and I have no place to go,
When my life seems cold and empty and I feel I’m all alone;
There’s a song that I remember helps to ease my troubled mind,
And I find the strength within me to reach out just one more time,
For as long as I have music
For as long as there’s a song for me to sing,
I can see a brighter day
The music in my life will set my spirit free.
When the world is dark and lonely,
And I feel I want to cry;
When the dreams I keep inside me
Seem to fade and almost die;
Then I call upon my music
And it helps to dry my tears
And I know that I can make it
I’ll go on despite my fears
For as long as I have music, as long as there’s a song in me to sing
I can find my way, I can see a brighter day,
The music in my life will set my spirit free.”



Honouring Your Precious Child

As time passes and we continue to walk the sad road of bereaved parents, we look for ways to express the great love we feel in some way that gives us some little comfort and find an ongoing memorial to our children.

My mind goes to the children in conflict-prone regions of the world, in great need of humanitarian aid, who so often seem to die in vain. Perhaps in some way your devastating loss could save the life of another child. Take as one example the hope in a little information on support given in Uganda.

Each year in Uganda over 100,000 children die before they reach the age of five. Most of these deaths are from preventable and treatable diseases, including malaria, pneumonia and diarrhoea, often caused by malnutrition. A good thing is that 7789 expectant mums have now received anti-natal care to keep them and their babies safe. Children with HIV undergo treatment and pregnant mums are learning how to avoid passing the virus on to their babies. Imagine how many hearts are saved from breaking.

We give what we can to relieve the suffering of children generally. However, in sponsoring a particular child you can give him or her a happier childhood where you really can get to know them and fondness for someone especially chosen for you and indeed for your own child. It's a really good feeling. Look up 'Plan International' as it may well give you and a child in great need the impetus to stay steady on the road.

Judy Dowling

'Make some good come of this Mum'



Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves.

~Eric Sevareid



How are You?

GrazynaMackiewicz

How am I?

More raw, blunter than I used to be.

Less a people pleaser.

Less tolerant of idle chit chat, of other people's little problems – an essay due or a cat at the vet.

Everything is relative. Things that used to be important are not. Pain is relative – childbirth only 2 out of 10. I look ancient, haggard. My eyes are red. They used to be blue. My sleep is restless, more tired each morning than I was the day before.

I am painfully aware of my regrets, guilt, what I should have, could have done. If only I could now. Time I should have spent with you.

I am philosophical.

Bare.

Vulnerable.

Fragile.

I can't handle loud noisy places or crowds, the inundation of other people's energies, because mine feels so weak, so easily overwhelmed. I can't handle people feeling happy when I feel so sad; it makes my sadness feel even sadder. I feel more comfortable with the down trodden. I have more compassion for those truly suffering. We understand each other, share each other's pain.

Things that used to bring me joy no longer do. Joy? A distant memory. Another lifetime ago. Things are different now. I have changed. Some things make me less sad, herald the promise of peace –

yoga,

meditation,

nature,

the first spring buds on the tree we planted for you...

but it is still a long way back to the surface from this black hole. It's been a long cruel winter. It's raining again.

I feel lonely. Alone. But I have befriended myself. That feels good. Kind, and gently, like towards a sick friend. Caring for myself physically –

food,

vitamins,

exercise,

little luxuries, like the cheesecake I made for myself yesterday (and ate it all!) No cigarettes or alcohol. I want to get well.

I am doing OK.

My son's death has sorted out my friends – some have shone through, stood by me; others have disappeared. Perhaps they can't bear to look at me, perhaps I am like one of those pictures of live export or animal cruelty that they just have to flick past, too close for comfort. They have children too. Things like that shouldn't happen. But they do.

What happened? A perfect storm. Who to blame? I feel angry with the police for brushing it off like some inconvenient paperwork. The coroner's graphic description, I can't get the vision out of my mind... that was my son.

My precious Sunnyboy...

I went to your house.

Spoke to your friends.

I retraced your last steps, on the way to the station for work, with your backpack and laptop, keys and wallet with \$30 in it for lunch and your Metcard. I look at your face on your licence and cry.

The love is fuller now, I accept you totally, including dark things you didn't show, things I didn't know. I love you all the more for those. You would be devastated to know you had caused such pain. Pain as deep as my love.

I visited the beach where we scattered your Ashes. It is beautiful. Deserted. I feel the wild force of the surf, watch the turning of the tide exposing the battered rocks, opening access to your rocky memorial. I restock it with little flowers and shells. I lie on the rocks and close my eyes. For a moment it feels peaceful, the sunshine on my face. Until the memories flood, crashing back again. You loved this beach. I recall you playing with your little brother in the shallows as a child, squealing with delight as you jumped the waves... and out beyond the breaks on your surfboard not so long ago, the huge zinc smile on your wet face dripping down your sun kissed, manly shoulders when you'd come in after catching good waves.

How are You? cont

GrazynaMackiewicz

*I cry,
salty tears.
Bitter sweet memories,
all I have left now.*

I feel I have absorbed your persona, all of you, back into myself, like childbirth in reverse, while at the same time surrendering your beautiful spirit back to the Universe from where you came. The source of all love and light, a little drop of water back to the ocean. Peace for you now.

Your memory, all of our moments –

*the baby,
your first smile,
the child,
your first day at school,
the teenager,
young man –*

with me for always. I treasure every one of them, like pieces of gold. I see things you would have liked – a purple flower, a sunset, and do things you would have liked to do, as if I am acting for you. I have kept all of your things; they still smell and feel like you.
I heard a beautiful word yesterday – it was your name.

I have stopped running away from my feelings, have started to express them.
It hurts. It's true what they say – I am not the same person anymore. I am a lost soul, wandering through each broken day, trying to make sense of it all. I am torn. Trying to reconstruct the fragments of what used to be my heart. But there are many pieces missing and the glue won't hold... I know it's going to be a long road.

*I dress.
I cook.
I write.
I cry.*

Deep tears until there are no more... until they come again. No, I am not "strong" - I have no choice but to follow this road, one step at a time, like some crazy dance, forwards, around and backwards again. The sun rises. The moon waxes and wanes. Today, tomorrow, it's all the same. Time is irrelevant. It just is. I am here but you are gone.

So, when they ask me "how are you?" well, it's kind of hard to explain...





LOVE GIFTS



Val Galati
24/11/1965 – 26/12/2005
Still miss you every day,
not a day goes by that we don't think of you.
Love you always
Mum, Dad, Joe, Ang and Irma xxx

Liam McCahon
1/11/94 – 10/11/14
Wishing you were here with your heartbroken
parents and devastated little brother
Love and miss you everyday
2 years too long
Mum, Dad & Mitchell xxx

Happy 21st Birthday Bree
May all the stars in the sky take
my love to you.
My gorgeous girl
Love Always
Mum xx
31/12/95 – 17/3/99

Love Gift Messages and Donations

Love Gift messages can be made on the back of the cover leaf that comes with the magazine. Please limit your Love Gift message to no more than 30 words, counting the date as one word.





Remembrance Butterfly

The Compassionate Friends Victoria have a number of ways that can commemorate your child or sibling whilst also supporting the work we do. One such way is our beautiful 'Remembrance Butterfly.' Hand made in Ireland from resin with a floating film over the top, it captures the sunlight and sparkles with colour. Each butterfly comes with a heart shaped medallion and engraved with your child or sibling's name and age.

***Each butterfly costs \$50 inc the engraving + \$5 postage and handling.
If you would like to order a butterfly, please visit the website at www.tcfv.org.au/butterfly
or contact the centre on 03 9888 4034.***





New Year

The new year comes when all the
world is ready
for changes, resolutions - great
beginnings.

For us, to whom that stroke of
midnight means
a missing child remembered,
for us the new year comes
more like another darkness.

But let us not forget that this may be
the year
when love and hope and courage
find each other somewhere in the
darkness
to lift their voice and speak:
let there be light.

From "The Sorrow and the Light" by Sascha



Express Yourself Through Art

- *New service for all members*
- *Release your inner artist!*
- *Express your feelings via art*
- *No skills required! No judgements made!*
- *Fun and learning to be had by all*



In November this year, Lauren Foster volunteered to launch an exciting new class:
“Express yourself through Art” for all TCFV members.

Lauren is an experienced volunteer, recent Board member and bereaved mother of Rex. In addition, Lauren is an experienced art therapist who works professionally in this area. We are excited to provide this new service free of charge (including all materials) to our members.

What does it involve?

Using the creative process of arts making to improve and enhance the physical, mental and emotional well-being of individuals. Our classes are based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behaviour, reduce stress, increase self-esteem and self-awareness, to achieve insight.

The ***“Express Yourself through Art”*** class will enable participants to express feelings and thoughts that they may not be able to articulate, want to speak about or share. This is in a completely safe and non-judging environment. It is also a great way to get to know others, and be part of a community environment and have a bit of fun!!

Classes will be ongoing monthly and the next will be on Monday 19th December.

To book, please go to our website to register www.compassionatefriendsvictoria.org.au/events

Please remember we are at our new home at 229 Canterbury Road, Canterbury.

Be quick and don't miss out!





"Walk to Remember"
on Sunday 2nd April 2017

**PLEASE NOTE THE
CHANGE OF DATE**

At The Yarra River
Cnr Alexandra Ave & Anderson St
From 11.00am to 3.00pm

*A time when we can all remember our children
alongside other bereaved parents and siblings.
Family members welcome !!!*

*This is our
eighth
Walk to
Remember.*

*R.S.V.P. Essential
before
Wed 23rd March
(for catering and*

Cnr Alexandra Avenue & Anderson Street
On the Yarra side (opposite Royal Botanic Gardens)
Walking along the Yarra on Capital City Trail from Anderson Street
*and back, finishing off with a **FREE BBQ lunch.***
Walk to Remember T-shirt available for \$10 each!!!
If you have your t-shirt from last year, can you please use it?

**IF YOU ARE UNABLE TO ATTEND AND WOULD LIKE
YOUR CHILD OR SIBLING'S NAME CARRIED IN REMEMBRANCE:**

Please register at www.compassionatefriendsvictoria.org.au/events
Or Karen Philippziq karen@compassionatefriendsvictoria.org.au

Name.....Phone no.....

Number attending..... Number staying for BBQ..... Vegetarian.....

Unable to attend BUT would like your child or siblings name carried.....

T-shirts @ \$10 - Children's Med.....Sm.....Med.....Lg.....XLg.....XXLg.....Total \$..... (Collect on the day)

[illegible]

Cardholder's Name: _____ Signature: _____

Cheque/Money Order made payable to: **The Compassionate Friends Victoria Inc.**



Forever Changed

Author unknown

Can you see the change in me?

It may not be so obvious to you, I participate in family activities, I
attend family reunions...

I help plan holiday meals.

You tell me you are glad to see that I don't cry anymore.

But I do cry! When everyone has gone--when it is safe--the tears fall.
I cry in privacy so my family won't worry. I cry until I am exhausted
and can finally sleep.

You tell me you admire my strength and my positive attitude.

But I am not strong I feel that I have lost control; and I panic when I
think about tomorrow...

Next week... next year.

I go about the daily routine of my job, house work trying to complete
my assigned tasks, not to feel the pain, then I drink coffee and smile.

At times I think I am beginning to heal, but the pain rolls over me
again with a permanent scar on my heart.

You tell me that you are glad to see I'm holding up so well.

But I'm not holding up well. Sometimes I want to lock the door and
hide from the world. I spend time with my parents, I seem calm and
collected. I smile when appropriate. But I'm not!

You tell me it's good to see me back to my "old self"

But I will never be back to my "old self". Pain and grief, have touched
my life... and I am Forever Changed!!



Support Groups

Social Support Group Meetings

These meetings provide bereaved parents, siblings and grandparents the opportunity to meet in a safe environment with others who have "been there", who understand and care. Group attendees report that meetings are an essential part of their "learning to live again" journey.

Social Support Group Meetings

Social support meetings (held at a café) are not "formal" grief sharing like a support group – but we still welcome any discussion of grief, bereavement and our precious children, siblings and grandchildren. Like formal support groups, these social meetings are also facilitated by group leaders.

If you are intending to attend a group meeting for the first time, please call TCF Centre on 9888 4944 or 1800 641 091 (country Victoria and Tasmania)

What TCF Meetings Offer

"What The Compassionate Friends Victoria offers is:

- The opportunity to get together with other bereaved people,
- The chance to talk about the person missing in their lives,
- The opportunity to drop the mask that society so subtly demands of each of us,
- The chance to cry without embarrassment,
- The opportunity to laugh without others thinking you must be "over it", and
- The opportunity to just bask in a non-judgemental atmosphere for a short time and make new friends."

Written by Jan McNess (Geelong Social Group)

Special Note: In consideration for those who need to tell their stories without distraction, we ask you not to bring your children to the groups. The two exceptions are the Siblings Group (over 14 years) and the Canterbury Bereaved by Suicide support group. We thank you for your understanding.

We welcome your feedback.

If you have any feedback or concerns about our support services,

Support Groups: Andrew McNess (Co-ordinator)
andrewm@compassionatefriendsvictoria.org.au

Telephone Support Line & Drop-In Centre: Jenny Galati (Co-ordinator)
jennyg@compassionatefriendsvictoria.org.au

Alternatively, you can contact John Sedunary (CEO)
johns@compassionatefriendsvictoria.org.au

9888 4944 / 1800 641 091

Group Dates

Support Groups December 2016

Mon 5th - 7.30pm -
Tue 6th - 1.00pm -
Tue 6th - 7.00pm -
Wed 7th - 1.00pm -
Thurs 1st - 7.00pm -
Thurs 1st - 7.00pm -
Fri 2nd - 1.00pm -
Mon 12th - 7.30pm -
Tues 13th - 7.45pm -
Tues 13th - 7.45pm -
Tues 20th - 7.00pm -
Tues 18th - 7.30pm -
Wed 21st - 7.00pm -
Wed 21st - 11.00am -
Wed 26th - 7.00pm -

Bereaved by Suicide (Canterbury)
Bendigo
Ballarat
Eltham
Wodonga
Mildura
Rowville
Melton
Canterbury Evening
Canterbury Siblings
Portland
Sunshine
Men's Space (Canterbury)
Canterbury Daytime
Bayside

January 2017

Mon 2nd - 7.30pm -
Tue 3rd - 1.00pm -
Wed 4th - 1.00pm -
Thurs 5th - 7.00pm -
Mon 9th - 7.30pm -
Tues 10th - 7.45pm -
Tues 17th - 7.00pm -
Tues 17th - 7.30pm -
Wed 18th - 7.00pm -
Wed 25th - 11.00am -
Wed 25th - 7.00pm -

Bereaved by Suicide (Canterbury)
Bendigo
Eltham
Wodonga
Melton
Canterbury Siblings
Portland
Sunshine
Men's Space (Canterbury)
Canterbury Daytime
Bayside

February 2017

Wed 1st - 1.00pm -
Thurs 2nd - 7.00pm -
Thurs 2nd - 7.00pm -
Fri 3rd - 1.00pm -
Mon 6th - 7.30pm -
Tue 7th - 1.00pm -
Tue 7th - 7.00pm -
Mon 13th - 7.30pm -
Tues 14th - 7.45pm -
Tues 14th - 7.45pm -
Wed 15th - 7.00pm -
Tues 21st - 7.00pm -
Tues 21st - 7.30pm -
Wed 22nd - 11.00am -
Wed 22nd - 7.00pm -
Tues 28th - 7.30pm -

Eltham
Wodonga
Mildura
Rowville
Bereaved by Suicide (Canterbury)
Bendigo
Ballarat
Melton
Canterbury Evening
Canterbury Siblings
Men's Space (Canterbury)
Portland
Sunshine
Canterbury Daytime
Bayside
Geelong

Other Support Groups

Hamilton: for dates and venue, please contact TCF Centre 1800 641 091

Horsham: for dates and venue, please contact TCF Centre 1800 641 091

Gippsland (Morwell): for dates and venue, please contact TCF Centre 1800 641 091

Geelong: for December 2016 meeting date and dinner, please contact TCF Centre 1800 641 091

Bayside: for December 2016 meeting date and dinner, please contact TCF Centre 1800 641 091

Castlemaine: for December 2016 meeting date, please contact TCF Centre 1800 641 091

Social Support Dates

December 2016

Thurs 1st - 7.30am -
Tues 6th - 11.00am -
Tues 13th - 10.30am -
Tues 13th - 10.30am -
Thurs 15th - 11.30am -

Men's Brekkie (Canterbury)
Southern Peninsula
Geelong
Bayside
Healesville

January 2017

Thurs 12th - 7.30am -
Tues 10th - 10.30am -
Thurs 19th - 11.30am -

Men's Brekkie (Canterbury)
Bayside
Healesville

February 2017

Thurs 2nd - 7.30am -
Tues 7th - 11.00am -
Tues 14th - 10.30am -
Tues 14th - 10.30am -
Wed 15th - 11.30am -

Men's Brekkie (Canterbury)
Southern Peninsula
Geelong
Bayside
Healesville

Other Support Groups

Bereaved By Suicide Social Dinner: for December dinner date, please contact TCFV Centre on 9888 4944



Support Group Locations

Support Group

Meeting Addresses

Ballarat (1st Tuesday of the month):
Mt Clear Church of Christ (Church Hall),
1185 Geelong Road, Canadian

Bayside (4th Wednesday):
Highett Community Centre,
2 Livingston Street, Highett

Bendigo (1st Tuesday):
Old Playgroup Building (near John Bomford
Centre), Crook Street, Strathdale

Canterbury Daytime (4th Wednesday)
Evening (2nd Tuesday)
Siblings (2nd Tuesday)
Men's Space (3rd Wednesday)
Bereaved by Suicide (1st Monday):
TCF Centre, 173 Canterbury Road, Canterbury

Castlemaine (Last Thursday):
Maternal & Child Health Centre,
Lyttleton Street, Castlemaine

Geelong (Last Tuesday):
Noble Street Uniting Church,
26-42 Saffron Street, Newtownn

Gippsland/Morwell
(3rd Friday tri-monthly –
Mar, Jun, Sep, Dec):
for date and venue, please contact
TCF Centre 1800 641 091

Hamilton:
for date and venue, please contact
TCF Centre 1800 641 091

Horsham Wimmera:
for date and venue, please contact
TCF Centre 1800 641 091

Melton (2nd Monday):
Djerriwarrh Community House,
239 Station Road, Melton

Mildura (1st Thursday):
MADEC Community Centre, 133-137 Madden
Avenue, Mildura (Please ring front doorbell.
Doors at MADEC are locked after 5.30pm.)

Eltham (1st Wednesday):
Eltham Library Community Room,
Panther Place, Eltham

Portland (3rd Tuesday)::
Star Theatre, 40 Julia Street, Portland

Support Group Cont...

Rowville (1st Friday):
Bridgewater Centre,
cnr Fullham Road & Bridgewater Road,
Rowville

Sunshine (3rd Tuesday):
Salvation Army Drop-In Centre,
42 Devonshire Road, Sunshine

Wodonga (1st Thursday):
Girl Guides Hall, Victoria Street, Albury

Social Support Groups

Bayside (2nd Tuesday):
Nutmeg Tree Cafe, 23 Station Road,
Cheltenham

Bereaved by Suicide Dinner Group
(Box Hill) (4th Thursday):
Box Hill RSL, 26 Nelson Road, Box Hill

Canterbury Men's Brekkie Group
(1st Thursday):
Wilson & Walsh, 129 Maling Road, Canterbury

Geelong (2nd Tuesday):
Brioche Cafe, 175 West Fyans Street, Newtown

Healesville (3rd Thursday):
for venue, please contact
TCF Centre 1800 641 091

Southern Peninsula Lunchtime Group
(1st Tuesday):
for venue, please contact
TCF Centre 1800 641 091

HOBART SUPPORT GROUP

**Please note that no meeting
will be held in December.**

**To contact the group leader please
call TCF Centre on 1800 641 091**

Help Wanted

Event Help

**We are looking for volunteers who have
had some back ground in helping out with
events. Whether it's the lead up to an event
or helping with an event on the day, I would
love to hear from you. Please call or email
Jenny Galati on 9888 4034 or
jennyng@compassionatefriendsvictoria.org.au**

Marketing Help

*We are looking for volunteers who maybe have
a back ground in marketing. Some of the things
we need help with are media, Facebook and
Internet. Do you have some ideas on how we
can get the TCF name out? If you have
some time to help out please call or
email Jenny Galati on 9888 4034 or
jennyng@compassionatefriendsvictoria.org.au*

Bunnings BBQ Coordinators

*We are looking for 4 volunteers to become our
Bunnings BBQ Co-ordinator. When we have a
Bunnings BBQ, we would like to have 1 person in
charge in the morning and a second person for the
afternoon. At the moment we are holding 2 a year
at Box Hill but we are looking to also maybe run
some from our group areas, such as Eltham,
Highett, Melton and Sunshine.*

1. Morning Person - who will collect tub and
drinks from the centre, buy the shopping for the
BBQ, order the sausages and bread for pick up on
Sunday, prepare the onions the day before BBQ and
collect the bread and sausages on the
Sunday morning and supervise other volunteers.

2. Afternoon Person - who will supervise
other volunteers, pack up and freeze the left over
sausages, do the washing up and return the left
over drinks, tub and money to be banked to the
centre. If you think you can help please call
or email Jenny Galati on 9888 4034 or
jennyng@compassionatefriendsvictoria.org.au

Community Fundraising

*We are looking for members who are interested in
holding their own Community Fundraiser. Over the
years we had members who have done a fundraiser
in memory of their child, whether it is a dinner
dance, a trivia night or doing a fun run. What ever
you would like to do, I am here to help you help us.
Please call or email Jenny Galati on 9888 4034 or
jennyng@compassionatefriendsvictoria.org.au*



Phone Friends

If you are having a bad day or if you just need to talk to someone, please feel free to call any of the people listed below. They would love to hear from you. Compassionate Friends Support Groups, along with Group Leaders' phone numbers, are listed on pages 30, 31 & back page of this magazine.

City & Suburban

24 Hour Grief Support Phone: 1800 641 091 / 03 9888 4944

Altona - Josie Paris	9398 2052	(Charles 20, Road)
Jewish Faith Contacts - Sonia Gurwitz	9578 4709	(Stephen 36, Drug Overdose)
Rowville - Dianne Freshney	0401 764 021	(Granddaughter Lucy 2 ½ years, Illness)

Country Victoria

Geelong - Jan & Norm McNess	5243 6906	(Jeremy 26, Plane Crash / Airforce accident)
Gippsland / Traralgon - Trish & Trevor	0407 873 703	(Suzanne 21, Transport accident)
Hamilton - Margaret Bell	5572 2303	(Stewart 29, Transport accident)
Horsham - Diane Lewis	5382 4724	(Julianne 19, Electrocution)
Korumburra - Barry & Sue Hanson	5655 2459	(Kirsty 16, Illness)
Mildura - Lynne Cromer	5022 8068	(Richard 22, Suicide)
Warragul - Bev Foster	5622 1949	(Natalie 23, Suicide)
Bendigo - Cathy Smith	5474 2364	(Michael 21/2, Epiglottitis)
Blairgowrie - Lyndsay Takacs	5913 0350	(Ashley 18, Road)
Euroa - Bette Phillips	0409 788 883	(Dean 19, Electrocution)

Tasmania

Bereaved Parents and Siblings in Tasmania can call

TCF Centre On Freecall 1800 641 091 For support 24 hours a day 7 days a week

Launceston - Lee & Peter McBean (Belinda 16, Car)

TCF Australia

ACT & Queanbeyan	0419 137 818	
New South Wales	02 9290 2355	4th Floor, Room 404, 32 York Street, Sydney 2000
Queensland - Brisbane Chapter	07 3254 2585	505 Bowen Terrace, New Farm 4005
South Australia	0448 487 347	
Western Australia	08 9486 8711	City West Lottery House - 2 Delhi Street, West Perth 6005
Western Australia - Wendy Nani	08 9725 0153	Bunbury
TCF Mandurah	08 9535 7761	Mandurah Lottery House - 7 Anzac Place, Mandurah 6210
TCF on the internet - USA www.compassionatefriends.org - New Zealand (email) tcf.otago@xtra.co.nz		
United Kingdom www.tcf.org.uk - Canada www.tcfcanada.net/ - Netherlands www.vook.nl/		
Belgium (email) tcf.belgium@skynet.be		

The Compassionate Friends Victoria

229 Canterbury Road, Canterbury VIC 3126

Po Box 171 Canterbury, Vic. 3126

Phone: (03) 9888 4944 Freecall (VIC & TAS) 1800 641 091 **Fax:** (03) 9888 4900

Email: support@compassionatefriendsvictoria.org.au **Web:** www.compassionatefriendsvictoria.org.au