

Heal.

ANNUAL and SPECIAL EVENTS

Sunday, May 29, 2016 (from 1:30 pm)

Release a butterfly in memory of a loved one at our special, annual community memorial and fundraising event at Beechwood Cemetery, the National Cemetery of Canada. This event is open to the public – pre-registration allows you an opportunity to purchase a live butterfly for release at the event, in honor of your loved-one.

The event begins at 1:30pm with a memorial ceremony in the Sacred Space inside the Beechwood National Memorial Center, featuring live harp music, an inspirational reading and sharing the names of loved ones who have passed. We then gather in the gardens to share a symbolic release of live 'painted lady' butterflies. Butterflies are a symbol of hope and transformation. Lastly, a memorial walk will take place giving individuals an opportunity to reflect and share memories as they enjoy the unique and exquisite grounds of Beechwood Cemetery.

REGISTRATION REQUIRED

Online registration and butterfly purchases:
www.bfo-ottawa.org/annual-butterfly-release-walk-to-remember/

💰 \$30 (to purchase a butterfly)

December 2016

A beautiful, comforting and inspiring ceremony for those whose lives have been touched by loss. Memorials provide an opportunity to experience connection, honor your loved-one, and facilitate healing. This event is open to the public.



Grow.

TRAINING and EDUCATION

We provide quality 3-day training workshops for bereavement caregivers and 1 hr – ½ day grief education workshops for community groups. Our training programs combine experiential and classroom style learning based on the “companionship” approach to bereavement support.

“I feel anyone working in any capacity with grief and bereavement need attend.”

BFO 3 day Training participant

Bereaved Families of Ontario

303-211 Bronson Avenue, Ottawa ON K1R 6H5

www.bfo-ottawa.org

613.567.4278

office@bfo-ottawa.org (Deborah)

The purpose of Bereaved Families of Ontario - OTTAWA REGION is to inspire hope and transformation in people who are grieving the death of a loved-one. Our vision is to create a compassionate community where everyone has access to support appropriate to their unique needs. The organization relies on program donations, personal donations, grants and corporate contributions to be able to offer its programs and services. Our programs and services are aimed to be accessible to all. Everybody is welcome regardless of their ability to contribute financially.



Together.



Bereaved Families of Ontario

PROGRAM AND EVENTS

“Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and death to touch every person in a totally unique way.”

Comfort comes from knowing that people have made the same journey. And solace comes from understanding that others have learned to sing again.”

Helen Steiner Rice



Heal.

ONGOING PROGRAMS

Ongoing programs continue throughout the year and provide immediate support with no waiting list. No registration required.

“There was a lifting of a burden, lifting of isolation, and a gut-level understanding that these people knew how it felt. That was very emancipating.”

BFO Peer group participant

For over 35 years, this program has been supporting individuals and families who are navigating the unpredictable journey of grief. It provides an educational component and a peer support group component. Each month we begin with a guest speaker followed by an opportunity to connect with others in one of the 5 peer support groups that are led by our understanding and compassionate volunteers.

The 5 peer groups provided each month include: *Loss of Spouse, Loss of Child, Perinatal Loss, Loss of Parent/Sibling/Friend, and Loss by Suicide*

NO REGISTRATION REQUIRED

- 📅 1st Tuesday of every month, 7:00 pm to 9:00 pm
- 📍 2400 Alta Vista Drive, Lower Hall, St. Timothy's Presbyterian Church
- 💰 Suggested donation: \$10/person and \$20/family

Our weekly peer support day program provides an immediate opportunity to connect and share with others who are journeying through the wilderness of grief. A peer support group, for all losses, is facilitated by trained volunteers who have also experienced grief and loss. Program continues all year round.

NO REGISTRATION REQUIRED

- 📅 Every Thursday, noon to 1:30 pm
- 📍 Bronson Center - Room 303, 211 Bronson Avenue
- 👥 Peer Support: All losses
- 💰 Suggested donation: \$10/person

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SEASONAL PROGRAMS

Seasonal programs are offered 2 times per year and require registration and over the phone interview. Programs vary each season.

Contact Deborah at office@bfo-ottawa.org or 613.567.4278.

“While it may have felt intimidating to start, it was an amazing experience and journey into myself; a springboard to awareness, growth and optimism.”

BFO Loss by Suicide group participant

Every spring and fall we offer additional programming to support individuals through a deeper exploration of their grief experience. The 10 wk programs provide a safe and supportive space to be in grief, to share and to listen; where those who've experienced a loss can connect with others who've experienced a similar loss.

Peers help reduce the isolation that many people experience in grief and provide hope that healing is possible. Our peer support groups are facilitated by trained volunteers who've experienced loss, received support and want to help others heal.

REGISTRATION REQUIRED

- 📅 10 wks, Thursdays, Mar 24 to May 26, 2016
- 🕒 7:00 pm to 9:00 pm
- 📍 Room 303, 211 Bronson Avenue
- 💰 Suggested donation (receipt for income tax purposes)

REGISTRATION REQUIRED

- 📅 10 wks, Thursdays, March 24 to May 26, 2016
- 🕒 7:00 pm to 9:00 pm
- 📍 1440 Hunt Club Road
- 💰 Suggested donation (receipt for income tax purposes)

Together.

“My 2 sons were holding in a lot of grief and sadness; this has helped them both tremendously to start getting through their own grieving process”

BFO Art Therapy group participant

A peer program for children, teens and their parent or guardian, grieving the death of a loved one. The objective of this program is to help children and teens learn about grief through the sharing of their feelings, thoughts and experiences with other peers. In a separate group, the adults have an opportunity to share and learn from their own peers about the family experience.

Participants express and explore their feelings through various expressive art forms and relaxation techniques.

REGISTRATION REQUIRED

- 📅 10 wks, Wednesdays, March 30 to June 1, 2016
- 🕒 6:00 pm to 8:00 pm
- 📍 Room 303, 211 Bronson Avenue
- 💰 Suggested donation (receipt for income tax purposes)

