

BFO is a self-help, mutual aid charitable organization. We rely on the generous donations of our clients and community.



I would like to make a donation of:

\$25 \$50 \$100 Other

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

Phone: _____

In memory of: _____

Please send acknowledgement to: _____

Please list my name in the BFO Newsletter

yes no

I am enclosing a cheque payable to

BFO-Halton/Peel

I prefer to make my donation to BFO-Halton/Peel by:

Visa MasterCard AMEX

Card No.: _____

Expiry Date: _____

Signature: _____

Any contribution over \$20.00 will receive an income tax receipt.



For further information contact:

**Bereaved Families of Ontario
Halton/Peel**

33 City Centre Drive, Suite 610
Mississauga, Ontario
L5B 2N5

Telephone: 905-848-4337

Fax: 905-848-4338

info@BereavedFamilies.ca

www.BereavedFamilies.ca

Charitable Number
118803667RR0001



**Bereaved Families of Ontario
Halton/Peel**

**SUPPORT FOR
GRIEVING
INDIVIDUALS
AND FAMILIES**



Hope and Healing

**WE LISTEN,
WE UNDERSTAND,
WE CARE.**

Mission

We are the bereaved helping the bereaved learn to live with grief.

THE HURT...

The tragic loss of a loved one seems so unfair. Feelings of disbelief, sorrow, anger, guilt, and numbness can be overwhelming. Grief can even affect our ability to function on a day-to-day basis.

THE HOPE...

Bereaved Families of Ontario, Halton/Peel brings hope to families in their grief. We offer a variety of programs that meet the individual and unique needs of our community.

THE HEALING...

We cannot take away the pain of your loss, but we will travel the road with you, and together we can help the healing begin.

BFO– H/P Resources

- Bi-monthly newsletter
- Bereavement lending library of books and videos
- Public speaking and educational workshops
- Special events throughout the year
- Resource materials for teens and teachers
- Web site

“

The capacity to care is the thing that gives life its deepest meaning and significance

”

Pablo Casals

Programs and Services

Through our mutual support model, trained, bereaved volunteers provide our support programs and services to you and your family

Parent Groups

For parents whose child of any age has died For parents who have experienced infant death, still born, or late miscarriage

Children and Adolescent Groups

Offered for children ages 6–17 who have experienced the death of a parent or sibling

Young Adult Groups

For ages 18–30 who have experienced the death of a parent or sibling

Spousal/Partner groups

For young partners/spouses with children living at home

Share and Support Nights

Monthly theme-based meetings, open forum

Public Awareness, Education and Training

We facilitate training for general, workplace or professional audiences

Outreach

We are committed to building and sustaining meaningful and mutually beneficial partnerships with communities that are impacted by grief

BFO model of Support

Peer support refers to help and assistance that is provided to you by someone like you; someone who shares a similar set of experiences. In this case it means someone who is also bereaved. Our volunteers are not professionally trained counselors or therapists; they are people like you who have experienced a death and are on a similar journey of “learning to live with” grief. They have become “experts” on their own grief and they can provide you with information, experiential knowledge and support.

Mutual support (or self-help) is a process of sharing common experiences, situations or problems. Self-help is participatory in nature and involves getting help, giving help and learning to help yourself as well as sharing knowledge and experience. The primary focus of self-help is emotional support, practical support and informational exchange.

“The truest words of all: I will not forget you. You are in my waking thoughts, my sweetest memories, my dearest dreams. I will not forget you. You have touched my soul, opened my eyes, changed my very experience of the universe. I will not forget you. I see you in the flowers, the sunset, the sweep of the horizon and all things that stretch to infinity. I will not forget you. I have carved you on the palm of my hand. I carry you with me forever.”

Ellen Sue Stern, Living with Loss