

# Heal.

## ANNUAL and SPECIAL EVENTS

October 28, 2015

### EXPLORING THE POWERS OF THE MIND

What are the tendencies of the mind? How can it be directed to be a supportive companion through the journey of grief? In this workshop you will explore practices - including visualization, breathing techniques, concentration and reflection - to help you understand the mind's powers and expansive possibilities.

This workshop is offered by Swami Matananda, in partnership with Yasodhara Ashram. Contact Deborah at [office@bfo-ottawa.org](mailto:office@bfo-ottawa.org).

#### REGISTRATION REQUIRED

📅 Wednesday, October 28, 6:30 pm to 8:30 pm  
📍 211 Bronson Avenue (The Bronson Centre)  
💰 \$30

December 2015

### TREE OF LIFE CEREMONY:

#### A community ritual for people in grief

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

Sunday, May 29, 2016

### BUTTERFLY WALK TO REMEMBER

Release a butterfly in memory of a loved one.



# 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 "companioning" approach to bereavement support.

*"I feel anyone working in any capacity with grief and bereavement need attend."*

BFO OTTAWA 3 day Training participant

### Bereaved Families of Ontario OTTAWA REGION

303-211 Bronson Avenue, Ottawa ON K1R 6H5

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613.567.4278

[office@bfo-ottawa.org](mailto:office@bfo-ottawa.org) (Deborah)  
[outreach@bfo-ottawa.org](mailto:outreach@bfo-ottawa.org) (Robin)

### EVERYONE WELCOME

The vision 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 goal is to create a compassionate community where everyone has access to support appropriate to their unique needs and timelines. Program fees, personal donations, grants, and corporate contributions ensure BFO's viability as an organization. We are dedicated to offering affordable rates to all. Everyone is welcome regardless of ability to pay.



# Together.



Bereaved Families of Ontario  
**OTTAWA REGION**

## Program and Events July to December 2015

*"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 OTTAWA Peer group participant

## MONTHLY

### SUPPORT AND SHARE NIGHT PROGRAM

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, each month.

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

#### NO REGISTRATION REQUIRED

- 📅 1<sup>st</sup> Tuesday of every month, 7:00 pm to 9:00 pm
- 📍 2400 Alta Vista Drive, Lower Hall, St. Timothy's Presbyterian Church
- 👥 Peer Support: 5 different peer groups (see above)
- 💰 \$10 per person or \$20/family

## WEEKLY

### SUPPORT AND SHARE DAY PROGRAM

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 306, 211 Bronson Avenue  
Room 303 July & Aug / Room 306 Sept to Dec
- 👥 Peer Support: Mixed loss
- 💰 \$10 per person

# Grow.

## SEASONAL PROGRAMS

Seasonal programs are offered 2 times per year and require registration. Contact Deborah at [office@bfo-ottawa.org](mailto:office@bfo-ottawa.org).

*“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 OTTAWA Loss by Suicide group participant

## ADULT SEASONAL PROGRAMS

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.

### LOSS OF SPOUSE/PARTNER GROUP

#### REGISTRATION REQUIRED

- 📅 10 wks, Thursdays, Oct 8 to Dec 10 2015
- 🕒 7:00 pm to 9:00 pm
- 📍 1411 Hunt Club Rd, McEvoy Shields
- 💰 Yes

### LOSS OF PARENT/SIBLING/FRIEND GROUP

#### REGISTRATION REQUIRED

- 📅 10 wks, Thursdays, Oct 8 to Dec 10 2015
- 🕒 7:00 pm to 9:00 pm
- 📍 1411 Hunt Club Rd, McEvoy Shields
- 💰 Yes

# Together.

### LOSS OF CHILD GROUP

#### REGISTRATION REQUIRED

- 📅 10 wks, Wednesdays, Oct 7 to Dec 9 2015
- 🕒 7:00 pm to 9:00 pm
- 📍 Room 303, 211 Bronson Avenue
- 💰 Yes

### LOSS BY SUICIDE GROUP

For adults who are grieving the death of a loved one by suicide.

#### REGISTRATION REQUIRED

- 📅 10 wks, Wednesdays, Oct 7 to Dec 9 2015
- 🕒 7:00 pm to 9:00 pm
- 📍 Room 303, 211 Bronson Avenue
- 💰 Yes

## CHILD/TEEN SEASONAL PROGRAMS

*“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 OTTAWA 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 artforms and relaxation techniques.

### PARENT/YOUTH ART THERAPY FOR GRIEF

#### REGISTRATION REQUIRED

- 📅 10 wks, Thursdays, Oct 8 to Dec 10 2015
- 🕒 6:00 pm to 8:00 pm
- 📍 Room 303, 211 Bronson Avenue
- 💰 Yes