



BEREAVED FAMILIES OF ONTARIO Halton/Peel

WE ARE THE BEREAVED HELPING THE BEREAVED LEARN TO LIVE WITH GRIEF.
WE LISTEN. WE UNDERSTAND. WE CARE.

MAY 2011

Walk to Remember 2011

As we look forward to signs that remind us of Spring, our 14th Annual Walk to Remember is one of those signs. We have set a date, time, and place and all we need now is good weather and plenty of willing participants. Our day will be filled with various ways to honor our loved ones, from a stroll that allows time to reflect, to tossing a memory stone into the river or writing a verse or poem in the Memory book. Whatever you choose, may the day bring you a promise of hope for a brighter tomorrow.

The schedule of the day begins with registration at 9:30 am and the start of the Walk around 10 am. After the Walk we will honor our top pledge earners, participate in a drumming circle and witness our 2nd Annual Butterfly Release. We look forward to seeing you there with a full pledge sheet and lawn chair in hand.

Look for the brochure/pledge sheet attached to the email that delivered this newsletter.

BOARD OF DIRECTORS

CHAIR	DIRECTORS
Richard Sheppard	Kenneth Moffat
	Mark Bennett
	Andy Alexander
	Betty-Lou Kristy
	Andrew Saunderson
	Pamela Teixeira

OFFICE CONTACTS

Madeleine Buhlau, Executive Director
madeleine.buhlau@bereavedfamilies.ca

Lisa Alexander,
Director of Community Engagement
lisa.alexander@bereavedfamilies.ca

Maureen Hunkeler, Program Coordinator
programming@bereavedfamilies.ca



Date: Saturday, June 18, 2011

Time: 9:30 am until 12:00 noon

Place: Streetsville Memorial Park, Streetsville

Wings

*Through sadness and despair,
May you have wings of strength
To help you ease the sorrow.
Through the anger and desperation,
May you have wings of hope
A glimpse of tomorrow*

*Each fearful step of the journey,
May you have wings of courage
To help you face each new day.
In the darkest hours of grief,
May you have wings of light
To guide your steps along the way.*

*May the warmth of your precious child
Surround you
And may you find peace and love
With wings of a butterfly sent from above.*



**CHECK OUT OUR NEW
FACEBOOK SITE!**

[http://www.facebook.com/
BFO.HaltonPeel](http://www.facebook.com/BFO.HaltonPeel)

We reserve the right to edit submissions as needed. Submissions for our next Newsletter must be received no later than June 24, 2011.

Bereaved Families of Ontario-Halton/Peel
33 City Centre Drive, Ste 610 Mississauga, ON L5B 2N5
p # - (905) 848-4337 f # - (905) 848-4338
Email: info@bereavedfamilies.ca Web: www.bereavedfamilies.ca

Living Bereaved While in Recovery, e-book

An illustrated soulful dialogue of grief expression from a mother (Betty-Lou) living in recovery from her own mental health and addiction issues trying to hold on without relapsing as she grieves the loss of her beloved son (Pete) and all the searing dynamics of a child lost to prescription opiate medication addiction (oxycontin), alcoholism, unresolved mental health issues and fatal accidental mixed drug overdose.

Partial Proceeds from sales of *“Living Bereaved While In Recovery”* are going to Bereaved Families of Ontario – Halton/Peel

Go to link for advocacy award video, Pete’s celebration of life video, samples, e-book reviews, BFO–H/P link, publisher info – easy order button for \$7.50 ea download and more.....

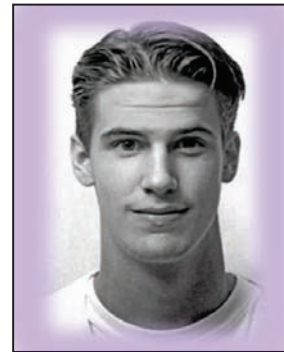
www.LittleBooksOfBigPain.com

“Betty-Lou Kristy candidly shares her innermost feelings of guilt and her temptation to withdraw and sink forever deeper into her despair. She talks openly about drug addiction and mental health issues and her growing spirituality. It is her incredibly honest, painful and spiritually uplifting journey of eventual survival, hope and triumph.” *Sandy Wiltshire, a bereaved mom and author of My Gift of Light.*

Betty-Lou Kristy powerfully guides the reader through her journey with her son, and provides insight into the enduring cycles of pain, hope; re-learning and integration that illustrate a parent’s grief. She reminds us that it is the depth of devotion to our children that crushes us in moments of desperate longing; and our children’s reciprocal love that encourages forward movement in their absence.” *JA (Judy) Jonusas, Bereaved mother of Chandler Mangold; Griescapes Founder; Business & Transition Coach*

“Betty-Lou draws deeply on her innermost creative, spiritual resources as she allows us to discover with her, the light beneath the dark.” *Charlene Winger-Manager, North Halton Mental Health Clinic*

“Betty Lou’s empowering story demonstrates the capacity of the human spirit to sustain life despite the trail of tragedy and despair left by mental health and addiction issues in one’s life”. *Linda Chamberlain-Consumer survivor activist and founder of the Dream Team*



Betty-Lou Kristy and her son, the Late Pete (Kristy) Beattie

Betty-Lou Kristy was awarded the 2009 Centre for Addiction & Mental Health (CAMH) Transforming Lives Award. She is a published author and an outspoken provincial advocate, key-note speaker and facilitator/trainer for Mental Health, Addictions, Trauma and Bereavement reform. Betty-Lou is also a board director and peer support bereavement facilitator for Bereaved Families of Ontario (Halton/Peel). Her son Peter (Kristy) Beattie was 25 years old when he died Dec 23 2001.

DISCOUNT FROM BREAKTHROUGH

Breakthrough Centre specializes in books for health, healing and personal growth, CDs for meditation and relaxation, as well as crystals, jewellery and other tools to help in times of grief and loss. They also offer Holistic treatments and workshops including Reiki, Reflexology, Shiatsu, Quantum Biofeedback and Nutrition.

Breakthrough Centre is located at 183 Queen St. West, in Brampton. For more information visit their website at www.breakthroughcentre.ca or call 905-874-1321.

Save 15% Off Store Purchases at Breakthrough Centre

Please present this coupon at time of purchase. Limit one coupon per person. Discount does not apply to specials, magazines, workshops, treatments, or consultations.

Offer expires July 31, 2011.



Give-Back Golf Tournament



Royal Ontario Golf & Country Club
Trafalgar Road, Milton (905) 693-9966

- Practice with the Pro
- Hole-in-one Grand Prizes
- Longest Drive & Closest to the Pin
- Hole Contests & Samples
- Lunch & Dinner Included
- Power Cart
- Beat the Pro
- Raffle, 50/50 Draw & Silent Auction

Tournament Registration

Early Bird Registration Bonus...

Complete your registration by August 1st to be entered into a draw to win a foursome at Royal Ontario Golf & Country Club.

COST: \$150 per player
\$550 per foursome (by August 1st)

Late Registration: \$600 per foursome after August 1st

Please email **Royal Ontario Golf Club** at the following address to complete the registration process: info@royalontario.com

Cash, Cheque and Credit Cards accepted.

NAME(S)

Player 1 _____
 Player 2 _____
 Player 3 _____
 Player 4 _____

Email _____ Phone _____

TICKETS

Golf (Includes lunch & dinner) _____ Dinner Only (\$50 per ticket) _____
 Total Tickets _____ Total \$ _____

METHOD OF PAYMENT

Cash (Total Amount) _____ Credit Card # _____
 Cheque # _____ Expiry Date _____

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Give-Back Golf Tournament

Corporate Sponsorship Opportunities

Dinner Sponsor	Corporate Host
<ul style="list-style-type: none"> • Industry Exclusivity • Half page ad in tournament program and listing on display board • Company name displayed on all dinner tables and display corporate banner in dining hall 	
Presenting Sponsor	\$3000
<ul style="list-style-type: none"> • Industry Exclusivity • Full page inside cover of the tournament program • Named in all pre/post tournament publicity, title on display board • Corporate promotional material displayed at the tournament (signs, banners, products) 	
Power Cart Sponsor	\$1500
<ul style="list-style-type: none"> • Industry Exclusivity • Half page ad in tournament program and listing on display board • Company name displayed on all power carts, display banner at dinner 	
Lunch Sponsor	\$1500
<ul style="list-style-type: none"> • Industry Exclusivity • Half page ad in tournament program • Company name listing on display board/banner 	
Corporate Sponsor	\$1000
<ul style="list-style-type: none"> • Corporate recognition in dinner program and on display boards • Opportunity to display corporate banner at tournament 	
Beverage Cart Sponsor	\$750
<ul style="list-style-type: none"> • 2 available • Banner/sig on one of the beverage carts • Corporate Host Ticket to each player 	
Hole Sponsor	\$250
<ul style="list-style-type: none"> • Signage at one of the golf tees • Listing in tournament program 	
Silent Auction Prize Donor	
<ul style="list-style-type: none"> • Listing in tournament program 	

SHARE & SUPPORT

ONGOING GROUPS SUPPORTING HEALING AT YOUR OWN PACE



These Share & Support gatherings will now incorporate loss specific break-out groups in order to heal with others who have had a similar loss, and to provide more intimate connections with other group members.

These break-out groups include
**spousal loss, child loss, infant loss, mixed loss,
and a group for teens aged 14-19.**

Dates: May 24th & June 7th
(PLEASE NOTE ONE-TIME EXCEPTION: FIRST TUESDAY OF JUNE)

Location: John Cabot Secondary School
635 Willowbank Trail, Mississauga, ON L4W 3L6

Time: 7 pm – 8:30 pm

If you wish to attend, please call the office to complete our initial intake and registration process.

Our programming is free of charge, but donations are welcome. This group is open to all members of the Halton and Peel communities.

WE LISTEN. WE UNDERSTAND. WE CARE.

Bereaved Families of Ontario – Halton/Peel
33 City Centre Drive, Suite 610 Mississauga, ON L5B 2N5

Contact Us:
905-848-4337 or www.bereavedfamilies.ca



Walking Through Your Grief

Walking Groups for the Bereaved



The walking group welcomes all bereaved individuals who have experienced the death of someone significant. It is a time to walk and talk, *at a relaxed pace*, with others who are grieving; to share ideas and support while benefiting from some fresh air and exercise. Walking with this group helps if you are feeling lonely, isolated or unsure about future directions. Maybe you would just enjoy the company! Why not give it a try? Joining in on the walk are caring volunteers to provide a listening ear.

A few suggestions to help you prepare:

- wear layers of clothing that can be removed according to the weather
- wear flat, comfortable walking shoes
- bring a walking stick or cane, if helpful
- bring a water bottle

There is no charge to participate however we do ask that interested individuals register as we don't want to leave anyone behind!

**Spring Groups
May - June 2011**

Registration Required

Wednesdays 9:30 - 11:00 am

Humber Bay Park E

Parklawn & Lakeshore Blvd,
Etobicoke

Call DLH @ 416-626-0116

Wednesdays 6:30 - 8:00 pm

Mississauga Valley Park

Mississauga Valley Rd. & Arista,
Mississauga

Call BFO @ 905-848-4337

**Call now to add your name
to the interest list.**

**Walks will commence when
a minimum of 4 participants
are registered.**

**Meet up location will be
provided at time of
registration.**

You are invited to our **Annual General Meeting**

On Monday June 13th, 2011 we will be holding our Annual General Meeting at Origin Evergreen and request your presence. We have a theme for this year's meeting, "Grief in the Work Place", with guest speakers presenting on this issue. We will be providing information on our Lunch & Learn Program which is designed to provide bereaved employees with the skills and strategies for coping with grief, as well as to teach non-bereaved employees how to support grieving coworkers and loved ones. We hope you will attend this evening, as this is a topic that unfortunately will affect us all in our lifetime.

The results of a study of more than 25,000 grieving people indicated that almost all said their job performance was adversely affected as a result of their grief.

– *Sherman Oaks Institute*

We will also be recognizing our dedicated volunteers because without them we would not be successful. An invitation will follow as we look forward to offering the final details to you all.

SUMMER SHARE & SUPPORT

General share and support meetings will resume at the BFO office starting June 28th (4th Tuesday).

This will continue on the 2nd and 4th Tuesday evenings in the months of July (July 12th and July 26th) and August (August 9th and August 23rd).

Please call the office to register for each meeting.

LOVED ONES REMEMBERED

Monica Vanessa Quira

October 21, 1982 –

August 16, 2004

Special Thanks...

We would like to thank Neil Alexander and Marisa Jokelainen for donating their Speaker's honorarium to help support BFO. We would also like to thank those that have donated in kind resources to our library or office.

*~These donations help to
ease our financial burden~*

FACILITATOR TRAINING

CONGRATULATIONS TO ALL VOLUNTEERS that completed the 40 hour Bereavement support Facilitator Training program on May 14th!

We look forward to having you involved in bereavement support here at BFO.

- **A special thank you to Community members, BFO Facilitators and BFO Professional Advisory Committee (PAC members) that presented on various topics during this training session – including the recent Diversity workshop on May 10th. It was an enriching learning experience for all.**
- **We gratefully acknowledge the partnership with The Dorothy Ley Hospice and in particular Kristine, for sharing her knowledge and experience in our collaborative effort to train volunteers for both of our Organizations.**

An invitation to participate in research

I am a sociologist at York University, Chair of Bereaved Families of Ontario, Halton-Peel's Professional Advisory Committee, member of Bereaved Families of Ontario's Board of Directors, and a member of PLIDA (Pregnancy Loss and Infant Death Alliance). I have received York University ethics approval for a research project titled 'Embodied Grief and Tattoos as Memorialization: Comparisons among types of losses'. In an earlier project I interviewed individuals with memorialization tattoos and presented that research at the British Sociological Association, Medical Sociology Conference. The poster, complete with photographs of participants' tattoos, was awarded 'Best Poster' at the conference. My interest in this subject came about through my own bereavement and use of tattooing as a form of memorialization.

For this project, I will be conducting focus groups with participants who have tattoos memorializing loved

ones. Participants, age 18 and over, will represent seven different types of losses (child, in four age ranges; parent; spouse/partner; sibling; grandparent; extended family; friend). Upon agreement, photographs of the tattoos will be taken or provided by the participant to be used in both analysis and publication.

Focus groups will be conducted in the GTA in July and August, and September if needed. Focus group questions will be about motivation for getting a tattoo and the meaning the tattoo has for the participant.

The time commitment includes: approximately fifteen minutes for a confidential in-person, telephone, or online pre-interview; the focus group session will be approximately one hour and thirty minutes; photography of your tattoo (in privacy) will take approximately fifteen minutes. A gift card for \$15 will be given as a thank you, and a photograph of your tattoo will be emailed to you.

The focus group interview material, which will be recorded and transcribed, will not be associated with any identifying information. All information you supply during the research will be held in confidence, and unless you specifically indicate your consent, your name will not appear in any report or publication of the research. Participation will be voluntary and participants can withdraw from the study at any time for any reason.

If you are interested in participating, or have any questions or concerns, please contact me by email or phone. If you are interested in viewing an electronic copy of the poster from my earlier tattoo research project, please email me.

Respectfully,
Deborah Davidson, PhD
York University
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905-823-7525

Get to know our sponsors...



Widowed.ca is a free online resource for widows, widowers and their loved ones, providing an easy way to locate a wide variety of information and services needed during the transition following the death of a spouse, parent or loved one. At Widowed.ca, our mission is to provide you with a community of trusted resources to assist you in whatever your situation requires.



Dedicated Financial Solutions

Choose your path, change your future.

At Dedicated Financial Solutions we believe it is important to understand your investments, insurance and other financial matters. Our focus is building relationships with our clients to help them protect their assets, reduce their taxes, and maximize their investments. We provide complimentary consultations and second opinions. This is the best way to get to know if we are a good fit for your situation. As the developers of Widowed.ca we understand the needs surrounding a loss.

LINDEN & ASSOCIATES

BARRISTERS AND SOLICITORS
PROFESSIONAL CORPORATION

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