



BEREAVED FAMILIES OF ONTARIO Halton/Peel

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

AUGUST 2010

*Bereaved Families of Ontario
Halton/Peel
wish to invite you to*

BFO FRIENDSHIPS

*Reuniting to celebrate our journey of
Hope and Healing*



*We welcome you to the launch of our
Alumni Reunions*

*If you are a BFO Alumni, friend, sponsor
or supporter and wish to connect and stay
connected with our BFO family, we invite
you to join us for a wonderful evening of
entertainment and conversation.*

Our Theme for the Evening is



MEMORIES

*of loved ones passed, friendships made and
memories yet to come*

Date: Friday September 24th, 2010

Time: 7:30 - 10:30 pm

*Location: Origin Evergreen -
820 Scollard Court Mississauga, ON L5V 0A3*

Tickets: \$20 per person

Attire: informal

Cocktails: cash bar

**We encourage you to bring a memento or picture
of your loved one.**

Contact Lisa to order your tickets today.

Please RSVP to 905-848-4337 or

lisa.alexander@bereavedfamilies.ca

by September 10th

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



**CHECK OUT OUR NEW
FACEBOOK SITE!**

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

BOARD OF DIRECTORS

CHAIR	Andy Alexander
Richard Sheppard	Mohsen Mahmoud
	Betty-Lou Kristy
DIRECTORS	Andrew Saunderson
Kenneth Moffat	Scott Insley
Mark Bennett	Pamela Teixeira (Sept.)

We reserve the right to edit
submissions as needed.
Submissions for our next
Newsletter must be received no
later than September 15, 2010.

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

Getting the help you deserve – every step of the way

Linden & Associates is a law firm that specializes in helping those who have been in serious, traumatic, and catastrophic injuries, as well as their families, particularly in the case of wrongful death claims. Justin Linden, the founding member of the firm, has been in practice for fourteen years, and represents clients all over Ontario.



through their automobile insurance company, many of which they are not aware they are entitled to.

In most cases, the families of persons killed or seriously injured in accidents can claim medical/rehabilitation benefits of up to \$100,000.00 for care. Those benefits can fund very important steps in the healing process that we often overlook - such as counsellors, psychologists, therapy and support - all of which Linden & Associates carefully chooses to help each client with their individual needs.

Linden & Associates is providing a fantastic donation to support our upcoming Alumni Event for the Bereaved Families of Ontario – Halton/Peel, and will become a key expert support structure of our Chapter for those in need of assistance due to injury.

In addition, family members are also entitled, as a matter of right, to claim both a death and funeral benefit to provide some immediate support for dependants who have to pay for funerals, burials and basic needs.

For example, Justin recently spoke to the Toronto BFO chapter about how the victims of auto accidents and their families can secure a broad array of benefits and support

In cases involving catastrophic personal injuries, victims may claim as much as \$1,000,000.00 in medical/rehabilitation benefits.

SHARE & SUPPORT

SHARE & SUPPORT NIGHTS IN YOUR REGION

These events are free of charge, and open to all adult members of the Halton and Peel communities.

Peel South

Open to all adults, this Share & Support will take place on one Monday every month, at **St. Bride's Anglican Church**, 1516 Clarkson Road, Mississauga. Pre-registration is required. Please call 905-848-4337 to register in advance.
Sept. 13th ... more dates to follow 7pm-8:30pm

Halton North

Open to all adults, this Share & Support will take place on the 3rd Thursday of each month at **Norval United Church at the house next door** located at 486 Guelph Street, Norval. Resuming Sept. 16th, Oct. 21st, Nov. 18th and so on.
7pm-8:30pm

Adults Over 50 Share & Support Peel Central

Partnering with BFO-HP, Origin Evergreen will be hosting Share & Support gatherings for adults aged 50+ on the last Monday afternoon of the month. It will take place at **Origin Evergreen Mississauga** located at 820 Scollard Court, Mississauga.
Aug. 30th, Sept. 27th, Oct. 25th, Nov. 29th and so on.
1:30pm-3:30pm

Please contact the office for more information and to register!
programming@bereavedfamilies.ca
or call 905-848-4337

In addition to claiming benefits, family members of persons killed in auto and other types of accidents are entitled to sue the at-fault party. Such claims can include claims of spouses and children who were dependant on the deceased victim. These claims include losses of dependency which can help provide the income that the deceased person would have provided to support the spouse or child.

If you have any questions about any injury which you or a loved one have incurred, please do not hesitate to contact us to ensure that you are receiving the compensation and benefits you deserve. It is your right, and together we work with you to ensure you receive the best possible support throughout these difficult times.

Justin provides Bereaved Families Ontario – Halton/Peel with immediate service, and can be reached directly at:

Linden & Associates

200 Bay Street - North Tower
Suite 2010, PO Box 10
Toronto, Ontario M5J 2J1
(416) 861-9338
jlinden@lindenlex.com
www.lindenlex.com

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: 2nd and 4th Tuesday of every month
September 14th, 28th, October 12th, 26th and so on...

Location: 33 City Centre Drive, Suite 610
Mississauga, ON L5B 2N5

Time: 7pm-8:30pm

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

Enjoy a day on the links while helping BFO

Royal Ontario Golf and Country Club Give Back Tournament



**Monday August 23rd, 2010
12 PM Tee Off**

Trafalgar Road
Milton, ON L0P 1E0
(905) 693-9966

As Operations Manager of Royal Ontario Golf Club and Resident of Milton, I hope and intend to develop a long standing tradition of hosting and operating a Charitable Golf Tournament with proceeds going to community organizations that are running important programs that support our residents.

Join us in 2010 as we Give back to the Strength Within Girls Group and Bereaved Families of Ontario - Halton/Peel.
Together let's Give Back to our community in 2010!

Robert Murray



BEREAVED FAMILIES OF ONTARIO
HALTON/PEEL

TOURNAMENT REGISTRATION

Early Bird Registration Bonus...

Complete your registration by August 7th

to be entered into a draw to

win a foursome at Royal Ontario

\$150 per player

\$550 per foursome (by August 7th)

Please contact the email address below to complete the registration process:

info@bereavedfamilies.ca

Cash, Cheque and Credit Cards accepted

Corporate Sponsorship Opportunities

Presenting Sponsor

- Industry Exclusivity
- Full page ad inside cover of tournament program
- Named in all pre/post tournament publicity, title on display board
- Corporate promotional material displayed at the tournament (signs, banners, products)

\$1500

Power Cart Sponsor

- Industry Exclusivity
- Half page ad in tournament program and listing on display board
- Company name displayed on all power carts, display banner at dinner

\$1000

Dinner Sponsor

- 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 dinner hall

\$750

Lunch Sponsor

- Half page ad in tournament program
- Company name listing on display board / banner

\$500

Beverage Cart Sponsor

- 2 available
- Banner / sign on one of the beverage carts
- Corporate Host Ticket provided to each player

\$500

Corporate Sponsor

- Corporate recognition in dinner program and on display boards
- Opportunity to display to your corporate banner at tournament

\$300

Hole Sponsor

- Signage at one of the golf tees
- Listing in tournament program

\$150

Silent Auction Prize Donor

- Listing in tournament program

To be a sponsor, call
Lisa at
905-848-4337

A WALKING GROUP FOR THE BEREAVED

Walking Through Your Grief

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.

Through August and September

Wednesdays 6:30 – 7:30 pm

Mississauga Valley Park

(Mississauga Valley Rd. & Central Parkway)

Gathering at the lower parking lot, behind the Gym at 6:15 pm

Registration Required. Please call 905-848-4337 to add your name to the interest list.

Grief Support Group Facilitators Learning Circle for Reflective Practice

Welcoming all who facilitate grief support groups

- Peer Mentoring
- Skill Development
- Networking
- Self Reflection
- Ongoing Learning
- Debriefing

Sept. 21st – Leadership Skills ~ What’s our role?

Oct. 19th – Self Disclosure ~ What & when is it appropriate to share?

Nov. 16th – Intervening with disruptive group members.

Sessions held alternately at:

The Dorothy Ley Hospice, 220 Sherway Dr., Etobicoke and

Bereaved Families of Ontario - Halton/Peel

33 City Centre Dr. Suite 610, Mississauga

For information contact:

Kristine Gagnon, Bereavement Care Coordinator

416-626-0116 x 227 kgagnon@dlhospice.org or

Maureen Hunkeler, Programming Coordinator

905-848-4337 programming@bereavedfamilies.ca

Bereavement Facilitator Training

There is a growing realization among those who care for the bereaved that support groups are an appropriate and effective way to help bereaved people heal. Because they offer a safe place for people to do the work of mourning, support groups encourage members to reconcile their losses and go on to find continued meaning in life and living. Attending a support group facilitated by skilled leaders often brings comfort and understanding beyond many people’s expectations.

During this 36 hour experiential training participants will learn and practice:

- The Purpose and Value of Bereavement Support Groups
- The Role of a Facilitator
- Emotional Readiness & Self-Care for the Bereavement Volunteer
- Overview of Current Bereavement Theory
- Group Dynamics and Grief Work
- Communication Skills for Facilitating a Group
- Support Group Models – Suggested Topics

Weekend of Oct. 16 & 17 ~ 9am - 5pm

Tuesdays Oct. 19, 26 Nov. 2, 9, 16, 23

~ 6:45 - 9:30pm

Saturday Nov. 27 ~ 9am - 5pm

Diversity Competency training date

TBA

Training sessions will be held at the Dorothy Ley Hospice
220 Sherway Dr., Etobicoke

\$225.00 registration fee for professionals who are not volunteers with BFO-HP or DLH. For further details and to register contact: Maureen Hunkeler, Program Coordinator 905-848-4337

programming@bereavedfamilies.ca

**SATURDAY
SEPTEMBER 11TH /2010
11AM—3PM**

**TAKING PLACE AT:
Origin Evergreen
820 Scollard Court, Mississauga**

**HANDCRAFTED ONE OF A KIND
JEWELRY BY:**

**PERSONAL EXPRESSIONS
& WOOD VIOLET DESIGNS**

**A PORTION OF THE
PROCEEDS WILL BE GIVEN
TO
BEREAVED FAMILIES OF
ONTARIO HALTON/PEEL**

Jewelry Sale



Join us for the Third Annual Milton Walk

We hope you will join us for
the 3rd annual Milton Community

WALK TO REMEMBER

Saturday, September 11th, 2010

E. C. Drury High School parking lot

Registration at 10:00 AM

Walk at 10:30 AM

Another fantastic Walk to Remember on June 19th

We had another fantastic Walk to Remember on the 19th of June, although the weather did give us a little bit of a scare with a few dark clouds and a short rain shower. Despite this, the day was amazing and adding to it was the release of the beautiful Monarchs, an enchanting and emotional release. A very heartfelt and special thanks to

our musician. Thanks Ryan thank for entertaining us with your musical skills and charming personality. David Fox and Gerry Smith, you were both amazing with the children, young and old. Thanks for making the day full of fun. Bonnie Ross, a big thanks to you for bringing your drums and personal experience to our day, it was a highlight for many. Diane, the doves were a beautiful touch to start the walk off. Thank you for supporting our organization. We were very lucky to have Karen Zizzo do a book signing for us, what a wonderfully generous lady. Thank you, Karen. Donna Clark, thank you for all the time you gave to us as well as the video and canvas that are in the works, Heritage Makers is lucky to have you, as are we.



We are very fortunate to have such fantastic sponsors; Maple Lodge Farms, Tim Horton's, Kwik Kopy Print & Design in Milton, Longo's and Corby Distillery. Thank you to all for your continued support and commitment to our organization. This event would not be a success without all the amazing, committed volunteers that we have. Iris and Laura at the

registration table, Alex moving picnic tables all over the park, Kay and Kathleen at the book sale table with their sons. Louise and Susie who acted as greeters at the registration table, with their happy smiling faces and a big thanks to Angela who picked up the coffee several times from Tim Horton's. Paul you are a gem to have picked up and returned the BBQ for us, your dedication never goes unnoticed. Thank you for your ongoing support and dedication to all of you and to anyone who I missed, I am sorry but appreciated your help. A big hug to our students and staff that continually support our Walk to Remember.

Thanks for the commitment,
The Staff at Bereaved Families.



MEMORIAL OPPORTUNITY

- Yes, I would like to make a memorial donation in honour of my loved one.
- Yes, I would like to have my loved one included in the "Loved Ones Remembered" section.
- I would prefer to make a donation only.

If you choose to have your loved one remembered in the newsletter please complete the following. If you wish to include a personal message or verse, please use a separate piece of paper.

Name of Loved One: _____

Date of Birth: _____ Date of Death: _____

Month in which you would like to have this published in the newsletter: _____

Bereaved Families reserves the right to edit all submissions due to content and/or space limitations.

