



BEREAVED FAMILIES OF ONTARIO

Halton/Peel

An association of families who have lost children, siblings, parents or partners through death.
We are the bereaved helping the bereaved learn to live with grief—through hope and healing.

January/February/March 2007

Volume 11 Issue 1

A Message From the Board of Directors.....

Happy New Year! Once again it is a pleasure to be bringing you a message from your Board of Directors at BFO Halton Peel. Understandably, as we reflect on 2006, when we have accomplishments to celebrate, it must be somewhat tempered because of the fact that this was the result of increased needs in our community associated with bereavement. It is truly a vicious circle but, one that drives our very being. In 2006, we increased numbers in people served; we reduced wait times for groups as a result of a continued cycle in groups and very much deepened awareness of BFO to our culturally diverse community. As well, we had strong growth in the volunteer base, the engine that drives our organization. This tremendous support is necessary for committees, at the office, in groups, with one-on-one and fundraising. The Volunteers give us the resources and facilitate the



Richard Sheppard

Share and Support Nights

Tuesday, February 20, 2007
7:00 p.m.—9:00 p.m.

When Words Wound Us

We have all heard them. "You'll be over this in six months", "I know just how you feel", "Try to forget about it and move on with your life".

While most people do not say these and similar statements to the bereaved with malicious intent, we are often taken back by the comments that are made to us.

Are there ways to respond to these comments that not only educate others but allow us to heal and honour our loved one also?

Please join us on February 20, as we explore this common and painful subject. We can all learn from each others experiences, both positive and negative.

This will be a facilitated discussion that will be very interactive and will provide you with some useful tools that will help you to cope with hurtful comments.

Please let us know if you plan on attending by providing us with your RSVP by February 19, either by phone at 905-813-4337 or by email to: bfo.haltonpeel@bereavedfamilies.ca

Tuesday, March 20, 2007
7:00-9:00 p.m.

Welcoming Spring Flowers

Our March Share and Support night will be a very creative evening. We are thrilled to welcome Cher Curshen, Expressive Arts Therapist from Hospice Toronto. Cher has facilitated several Expressive Arts groups for children at B.F.O.-Halton/Peel. She now brings her incredible talents to our Share and Support.

Cher has designed a fun-filled evening during which we will create and decorate a flower pot just in time for spring flowers, April showers and a summer full of sunshine, renewal and growth.

No creative talent is required as Cher will gently lead you through this healing project.

The evening will also include a calming, guided imagery meditation for those who wish to participate.

Please remember to let us know if you plan to attend this evening. You can send your RSVP to bfo.haltonpeel@bereavedfamilies.ca or simply call: 905-813-4337

We look forward to having you join us.

meeting places for healing and coping. Specifically, the Volunteers and staff drove wonderful and successful events in 2006 like, The Walk To Remember, The Golf Tournament, Loving Memory Tree, and Healing Groups. A heartfelt, thank you from us all.

It will be difficult to duplicate the success in 2006 but, we are up to the task. We plan on doing this based on some of the following priorities and activities: We will be looking to gain stronger direction for us to all follow, through the development of a three (3) year strategic plan which will provide clear goals and direction for 2007, 2008, and 2009. The plan will help strengthen our reach and response in meeting community bereavement needs (children and youth, parents, diversity and inclusion) and more tactically give us guidance to improve our governance in the day to day running of the organization. We will be striving to gain an even stronger connection with our volunteers. With respect to fundraising a continued focus will be on Corporations and Foundations to strengthen our financial capacity. When looking in the mirror, we will

(Continued on Page 2)

We reserve the right to edit submissions as needed. Submissions for April/May Newsletter must be received no later than March 15, 2007.

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(Continued from Page 1)

continue to focus on Board Development to enhance and support leadership at BFO-HP. And finally, we will strive to continue finding ways to celebrate our accomplishments, our values and the overall mission, something nowhere more applicable as we begin planning for BFO's 20th anniversary. We have a clear understanding of what we need to do, we have the drive, the fortitude and just plain commitment to help BFO grow. Once again, thank you for your continued support and we wish you and your families the very best in 2007 and we hope you join us as we continue the journey.

Richard Sheppard
Chair-Board of Directors

thank you
for teaching me
about my heart
showing me
the places
I will go
because i'm afraid
of pain
and that it's okay
to be sad,
to mourn,
to cry
and to wish
things were different
without
desperately trying
to make it so
when it's not

I have glimpsed
the lengths
I will go
to avoid pain
and the fullness
of being with it
I am learning to grieve

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Loving Memory Tree 2006

Once again, our annual Loving Memory Tree ceremony was a spectacular success, bringing hope, comfort, healing and fellowship to all in attendance. This event, held on December 11th at the Mississauga Civic Centre, was a very special evening for the approximately 450 people in attendance. **Richard Sheppard**, Chair of the Board of Directors was welcoming and inviting in his role as the Master of Ceremonies. **Rick Matthews** a volunteer facilitator, gave a moving and hopeful address that was appreciated by all. **Nick Settimi** honoured us all by sharing his awesome gift of song for the second year. Additionally **Liz Fielding**, **Jeff Redmond**, and **Colleen Crew** gave wonderful musical performances that warmed our hearts even as they brought tears to our eyes. A moving candle lighting ceremony was eloquently led by **Linda Ger Walters** along with **Amanda Marrocco**, **Yvonne Hawke**, **Natasha Barnes**, **Taylor Rogers**, **Maddison Sumilas** and **Paul Serrao** all lighting candles in memory of all of our loved ones. Our beautiful tree, decorated entirely with white lights and white bows stood in silent testimony to our continuing love of those whose memories will never leave our hearts. The plaque listing the names of those in who's memory a light would shine throughout the season stood in front of the tree.

This year, our ceremony had a butterfly theme. **Sandra Rogers** and her family baked 300 delicious butterfly cookies which were deeply appreciated by all those tempted by the wonderful aroma. **Vanida Hannan** donated beautiful butterfly decorations that were available for purchase along with butterfly bracelets. **Naomi Bacon** did a spectacular job, once again in designing stained glass butterfly ornaments. Naomi, thank you so much for this yearly gift you give to ensure that mementoes of the evening are available to everyone. Once again, **Helena Stahls** donated candles for all in attendance, which wrapped with a beautiful butterfly tag, could be taken home and burned during the holidays.



The Loving Memory Tree is a true example of the commitment of BFO volunteers to reach out and to help the entire community with compassion and caring. The volunteer committee was ably chaired this year by **Elizabeth Cochrane** who managed her many responsibilities with her usual grace and dedication. So many people worked so hard in so many ways to ensure the success of the evening and our thanks go to: **Ross & Nancy Griffin**, **Shawn, Mark, Roger and Pat** (all from Turner & Porter), **Andrea Bastasin**, **Jeff Pogue**, **Natasha Barnes**, **Ann Bodner**, **Sue Scarborough**, **Vanida Hannan**, **Brad**, **Yvonne & Byron Hawke**, **Laura Hampson**, **Erin Rutters**, **Laura Taylor**, **Matthew Jokelainen**, **Angela Chang**, **Cheryl & Jeanne Dearling**, **Brian Bacon**, **Eric Wargalla**, **Judy Robuliak**, **Cathy Annetta**, and **Jeff Simulas**.

Peter Cochrane did an amazing job creating the "Presentation of the Names" slide show. We sincerely thank **Melanie Cochrane** for her hard work designing the program and **Agnese Montelone** for designing the candle tags.

Our sincere appreciation is extended to **Paramlat** for their donation of juice and milk and **Tim Horton's** (Mavis & Central Pkwy.) for the always popular timbits.

This event would not be possible without the assistance of **John Wittingstall** and the staff of **Turner & Porter Funeral Directors** who are instrumental in helping us with the set-up, dismantling and storage of our tree. **Pia Poblete** and staff at Mississauga City Hall are always generous and extremely helpful in the planning and coordination of this important memorial event.

2007 brings with it a new year. It is our hope that it will be a year of peace, comfort and healing for all of those in our community who mourn. We hope that the Loving Memory Tree ceremony will be a catalyst to that healing.



Loved Ones Remembered



Adrian Luis DiRaimo January 3, 2005—May 25, 2005

Our precious, laughing blue eyed angel. Happy 2nd birthday darling—This day will always belong to you. You are permanently etched in to our hearts, our minds, and our souls. We hold our heads up high, and walk proud because we had the honour of loving you. Your new brother Cristian looks just like you—he has those beautiful eyes of yours—we look forward to telling him all about his beautiful, brave, big brother. Sleep tight sweet baby. Love you so much and miss you every second of every day. Happy Birthday!

Mommy, Daddy, Matthew & Cristian xxx

Melissa Natalie Ger February 16, 1983—March 16, 2001

The human "spirit" is stronger than anything that happens to it.
Forever Your mother and humble student

Danny Vrencken July 8, 1948—April 20, 2003

Linda Mae Hearn Sept. 8, 1959—February 4, 2000

A garden of beautiful memories.
Sprayed with a million tears.
Sadly missed. Forever loved and remembered.

Mum, Dad & Lori

Treasured memories of my darling niece Linda Mae Hearn.
"Forever loved" - "Forever Missed"
Auntie Lil Gilmore

In loving memory of my dear niece Linda Hearn.
Auntie Winifred Hamilton

Kerri Hearn Feb. 14, 1992—Feb. 14, 1992

Our precious Valentine. We will always love and remember you.
Hugs and Kisses.
Grandma & Grandpa Dunwoody & Auntie Lori

Donna Lee Zampieron (Stahls) Dec. 26, 1964—Dec. 15, 1999

Megan Jane Hill Dec. 16, 1986—Feb. 23, 1988

There is not enough darkness in all the world to put out the light of even one small candle.

Robert Alden

Michelle Christa Sylvestre-Williams August 24, 1977—February 9, 1997

Michelle, it has been ten years since you left us and we miss you just as much now, darling child, as we did then. But we know that we will be together again one day. Until that time darling child may God keep you well.

We love you,
Mom, Dad, Renee and Nicky

Karin Morton July 22, 1977—December 23, 1989

Moira Goodwin Sept. 30, 1946—Feb. 27, 2002

I thank God in all my remembrance of you.

Upcoming Events

Walk to Remember....

SATURDAY, MAY 5, 2007

The Walk to Remember is an annual memorial event that is held each spring. It provides an opportunity for members of our Halton/Peel community to come together and walk in memory of their loved ones who have died. Held in the beautiful and reflective setting of Memorial Park in Streetsville, walkers can remember their loved ones along the route by casting a memory stone into the river, writing a meaningful reflection in our memory book and sharing stories with others on the journey. There is an opportunity to honour the person they are remembering by having their name on the memorial shirt that leads our walk. The walk is followed by a BBQ lunch, connecting with fellow walkers, and a presentation of awards to the top pledge earners. Last years event was highlighted by a spectacular dove launch. Pledges earned from the Walk are vitally important to the sustainability of BFO and the programs that we provide. More information will be forwarded to you closer to the date.



Annual Golf Tournament...

THURSDAY, MAY 31, 2007



Now in its 11th year our annual Golf Tournament and Silent Auction will be held once again, at Lionhead Golf and Country Club. Over the past several years this event has become extremely successful and popular. It is a fun and relaxing day for all levels of golfers at one of Ontario's premier golf courses. The day includes lots of friendly competition, a sit-down dinner and of course our famous silent auction which has something for everyone at fantastic prices. We urge you to register soon and to pass the word on to other friends and colleagues you know. This event is not to be missed. Registration forms will soon be available on our web site at: www.bereavedfamilies.ca.

Sorrow makes us all children again,-destroys all differences of intellect. The wisest know nothing.

Ralph Waldo Emerson



A Message From Linda, Our Executive Director...

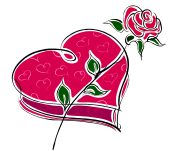
As I sit here on this January afternoon, I am compelled and drawn to reflect on my past, present, and future. I ask myself questions to draw into my consciousness what I am appreciative and grateful for. No-it may not be the impending slush or icy weather we may encounter this winter, but rather the "spirit" of what is "good" and what is "right". Continually, I call upon healing thoughts of my daughter, Melissa-her gifts, teachings and love. I call forward the enormous strength in character I respect so highly when meeting each of you. This year, once again, I stood in silence at our **Loving Memory Tree Event** and looked around. As with many of you, I stood filled with great compassion for the hundreds of people remembering their loved ones-their children, parents, brothers, sisters, infants and partners. With this love I heard with a deepened sense of appreciation, the beautiful words spoken and those which were not. I felt, with a deepened awareness, the stories behind your relationships with our beloved. The evening was offered to us through the unbridled commitment to serve, by the organizing committee led by Elizabeth Cochrane. The stories of families coming together to bake cookies, delicately wrapping ribbons around each donated candle given out, carefully thought-out items available for purchase this evening, the volunteers who brought their musical talents to the audience, and the heart and soul dedicated in creating this an exceptional evening. **This is what Bereaved Families is all about-to selflessly offer loving support in helping the next child, adolescent, or adult learn to live with their grief through hope and healing.**

As we embark on, yet, another year at BFO-Halton/Peel, I bow my head in gratitude and reverence to each and every one of you. May you continue to find comfort as each day follows. As Abraham Lincoln is quoted: *The best thing about the future is that it only comes one day at a time.*

"My future is not some big conglomeration of punishing tomorrows. It is a series of days in which there are opportunities for me to give and receive small but meaningful pleasures.

I will not see myself as the victim of my future but as its architect".

From: A Time to Grieve, By Carol Staudacher.



With hope for a healthy and healing 2007,
Linda

We recently asked one of our group facilitators and one of our group members to write a short piece about what B.F.O. has meant to them.

Here are theirStories From the Heart



On December 15th, 1999 my daughter Donna completed suicide and I went into total shock. I am sure that just by reading this, you also have a date etched in your mind when your world changed forever whether it was losing a child, a spouse, or a parent. Fortunately for me within a matter of days through my EAP at work I was put in contact with a wonderful grief counselor. To be honest, I do not remember much about our first few visits, but one day my counselor mentioned Bereaved Families of Ontario and told me that when my husband and I were ready, we should think about giving BFO a call and arrange to participate in a group. In the spring of 2000 I got the courage to call and again, I do not remember much about what happened next other than we met up with Jill (who was the first person that seemed to really understand our pain), and in the fall attended our first group. At group we met some new friends and other parents that just seemed to "get it". Once we completed our 12 weeks, I decided then and there that I would like to become a volunteer for BFO and in October 2001 completed my facilitator training.

Why I wanted to become a facilitator is easy, and somewhat selfish. I had to make some sense from Donna's passing and at the end of the day I get more from facilitating groups than I give. At the group sessions I am able to talk about Donna and best of all I am able to provide hope for other parents, which is all that I have to give. I have co-facilitated a few mixed groups, and was also asked to facilitate a group of mothers that lost a child to suicide for the Newmarket Chapter of BFO. In September Linda asked me if I was interested in piloting a reconnection group and from what I have seen during our first few meetings, believe that we filling a much needed niche for parents that still want to be connected for a longer period of time after their group has officially ended. Believe me when I say that it is not easy to tell my story time after time, nor is it easy to listen to other parents tell their stories or share their pain, but after the first couple of meetings, I am able to sit back and let the group take on a life of it's own. I have often heard parents mention that they are not sure how to fill in a void that they are feeling, and on that note I would encourage everyone to think about becoming involved with BFO as much as you are able.

Helena Stahls-Bereaved Parent



I first came to BFO as a volunteer to work on a special project, when I arrived I was greeted with warm hugs and big smiles. I immediately knew that I had come to a place full of compassionate, caring, and empathetic people. While in the midst of working on the project, someone at BFO mentioned to me that they had "group" beginning shortly and that maybe I should consider joining the "loss of a parent group". Although I was hesitant to join I decided to give it a chance in hopes of allowing myself to feel the emotions of sadness, anger, and sense of overwhelming loss that I had suppressed for so long. After my first group, difficult as it was, I knew this is where I needed to be. Just knowing that others felt many of the same emotions I had been feeling was calming to me. I am grateful to BFO and its volunteers for providing me with an outlet to let my healing begin.

Chantel Parkes-Young Adult, Parent Loss

Bereaved Parents Wish List

We wish our child hadn't died, we wish we had him back
 We wish you wouldn't be afraid to speak his name
 Our child lived and was very important to us.
 We need to hear that he was important to you too.
 If we cry and get emotional when you talk about our child
 We wish you knew that it isn't because you have hurt us
 Our child's death is the cause of our grief
 Leaving our child's pictures, artwork or other remembrances in your home
 means he lived amongst us and remains alive....
 Being a bereaved parent isn't contagious, so thank you for not
 shying away from us
 We need you now more than ever
 We need diversions, so we do want to hear about you,
 but we also want you to hear about us
 We might be sad and we might cry
 But we wish you would encourage us to talk about our child
 Our favourite subject of the day!
 We know that you think and pray for us often
 We also know our child's death pains you too
 We wish you would let us know those things through a phone call, a card,
 note or a real big hug
 We wish you wouldn't expect our grief to be over in six months
 These first months were traumatic for us, but we wish you could understand
 our grief will never be over
 We will suffer the death of our child until the day we die
 We are working very hard in our recovery but we wish you could understand
 we will never fully recover
 We will always miss our child and always grieve that he is dead
 When we say "We're doing OK", we wish you could understand we don't "feel" OK
 and that we struggle daily
 Your advice to take one day at a time is excellent advice.
 However, a day is too fast for us right now
 We wish you could understand how difficult it is some days to handle an hour at a time
 All the grief reactions we are having are very normal.
 Depression, anger, hopelessness, and overwhelming sadness are to be expected.
 So please know that when we are quiet, withdrawn, irritable, cranky or even rude
 that is certainly not our intent
 Sometimes the world around us goes too fast and we need to get off
 When we walk away, please let us find a quiet place to spend some time alone
 Don't forget we still need you
 We wish you would understand grief changes people
 We are not the same people we were and never will
 We wish very much that you could understand our grief, silence, tears, and pain
But.....
 We pray daily that you will never understand
 Thank you.

Author Unknown

Have you seen our new Website yet?



If not, please take a few minutes and go to www.bereavedfamilies.ca.

Our website has been completely reconstructed and we are most anxious to have your feedback. We would love to hear your suggestions and idea's to further improve this site. While not yet complete we are determined to make this site helpful, comforting, informative and user-friendly. Please look for these additions in the near future: message board, memorials and articles.

Halton-Peel Round Table Discussion Update

Bereaved Families of Ontario-Halton/Peel has taken the role in organizing a series of Round Table Discussions with other agencies in the Halton and Peel Regions. The response has been extraordinary and has resulted in a coming together to build on bereavement services in both regions.

A very special thank you is sent to The Community Foundation of Oakville for their generosity in sponsoring the Halton Region meeting.

Some of the highlights of these discussions are:

- ◆ creating a stronger, collaboration and shared interests
- ◆ to identify and reduce barriers for the community to access bereavement support (ie. transportation, distance, financial, cultural, language)
- ◆ engaging youth
- ◆ creative ways to work together



Our recently completed support group for adolescents was an enriching and healing experience for all of the participants. This photo was taken as they enjoyed their party on the last night of group.

Thanking Our Donors...

We are so grateful for the generous donations of so many who, by way of their financial contributions, ensure that we are able to continue to offer our unique programs to the community. We sincerely appreciate and acknowledge donations of \$100 and above received in 2006 from:

- | | |
|----------------------------|--------------------------|
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Foundation
- Tire World Inc.
- Toronto Trucking Assoc.
- Turner & Porter
Funeral Directors
- United Way of Oakville
- United Way of Peel Region
- Ward Funeral Homes

Just a Thought



“I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is not brief candle to me. It is a sort of splendid torch which I've got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future

The Winning Lines wants you....

Please allow me to introduce The Winning Lines. The Winning Lines is the new name for our Bingo Volunteers, since they are more than just volunteers, they are a team.

BFO Halton/Peel's bi-weekly Charity Bingo Games at the International Centre have been, and continue to be, a vital source of revenue for our organization. We rely entirely on the gracious support of our volunteers to help with getting these games started.

Presently, BFO Halton/Peel is experiencing a serious shortage of Bingo volunteers, and we have been challenged to find as many volunteers as we need for this important funding source. A lack of committed volunteers at each and every Bingo game could impact on revenue returns in the future. This leads to a loss of funds which are important to our mission of helping the healing to begin for the bereaved in our community.

The Winning Lines is a growing team of volunteers that give very little time monthly, or even every second month to come out and help out at the Bingo Hall at the International Centre with setting up for Bingo Sessions. So with that said, if you are not busy on Friday or Saturday nights for an hour, come on out and see what it's all about. Who knows, you might like it!

For more information or to book a time to come out, please do not hesitate to give Natasha a call (905) 813-4337 or via email at natsha.barnes@bereavedfamilies.ca. Please know that your time is greatly appreciated. I look forward to hearing from you.

THANK YOU!

Thank you to the following funding Foundations...

We are most appreciative to the following Foundations who have recently chosen to financially support BFO-Halton/Peel.

- United Way Oakville-Capacity Building Grant
- The Alice & Murray Maitland Foundation-in supporting our children's and youth services
- Pratt & Whitney Canada-Community Investment Fund



THE CYCLE OF HELP.....The Legacy of HOPE with BFO Halton/Peel

It is our experience the most people continue their healing by remaining connected with BFO through a variety of ways. We welcome your feedback, participation in events, committee work, new and innovative opportunities to build on our BFO family spirit, future group participation, and financial support. **BEREAVED FAMILIES EXISTS BECAUSE OF ALL OUR VALUED VOLUNTEERS.** They contribute through many forms but most importantly, we hope you will remain connected with us so that we can be there with you as you move along your journey – “to walk beside you” with hope and our hearts.

As a volunteer-driven, mutual support organization, we rely on you to continue the cycle of hope and healing for others who have experienced a death in their family. You can help us by:

- **Submitting an article**, book review or poem for the newsletter and website
- **Becoming a Volunteer**, help in the office, special events, or train to be a peer support volunteer
- **Making a donation** – in memory, honour or special occasion. Workplace or Employee Contributions, refer us to your corporate and business contacts, direct your UNITED WAY donations specifically to Bereaved Families of Ontario, Halton/Peel, or approach your faith & community groups, schools and contacts to consider sponsoring us for charitable donations.
- **Participating in Special Events** such as our Annual Golf Tournament, Loving Memory Tree, Walk to Remember, Community Yard Sale and special 20th Year Anniversary committees
- **Donating books and videos** that you have found helpful to our library.



THANK YOU!

Thank You Everyone....

A huge thank you goes out to all the fabulous volunteers that came out to help with BFO's first FUNdraiser with Chapters (Square One). **Linsey Goodwin, Sharon Lowe, Susan Thomas, Kathleen Baranik, Gloria & Heather Appleby, Chantel Parkes, Claudia Aguero, Tamika Barnes, and Linda Ger Walters.** Your enthusiasm and huge amounts of encouragement was greatly appreciated. Without your generosity of time, we couldn't have done this.

A big thank you to the Manager of Chapters. Teshley, you and your staff did a great job. You were all on your toes and helped make the night run quite smoothly. We look forward to possibly coming out again this year.

Meadowvale Town Centre's Gift Wrapping Event, was a success as well. We raised \$1168 thanks to the wonderful volunteers that came out to wrap gifts and to raise awareness. A big thank you to **Linsey Goodwin, Gloria & Heather Appleby, Claudia Aguero, Laura Taylor, Andrea Bastasin, Nicole Duncan, Susan Rose, Yvonne Hawke, Lynne Sodaro, Linda Ger Walters, Tamika Barnes, Pat Nicholl, Angela Chang, Bridget McGlynn, and Kathleen Baranik.** Your time and thought was very much appreciated.

This was our first time at both of these locations, and thanks to everyone they were both a SUCCESS. For everyone that came out to support BFO-H/P that night, it was great to see you, and we thank you all so much for showing your continued support and encouragement. Volunteers and Supporters, in my eyes is what helps BFO-H/P continue to do the best that we can. There are no words to explain how grateful I am to everyone.

Natasha Barnes

Volunteer Corner....

Many, many thanks to the following volunteers who facilitated the all important 1:1 meetings: **Elizabeth Bush, Jen Scarborough, Laura Hampson, Linda Ger Walters, Paulette Cooling, Sheena Klaaseen, Carol Ann Schneider, Debbie Blagojevic, Jody Bourke, Rick Matthews, and Sabrina Ramdeholl.** We hope you know how much your efforts are appreciated.

Support groups recently begun are being supervised and facilitated by: **Gabriella Difilippo, Anisa Puri, Jennifer Kall, Carolyn Alps, Naomi Bacon, Laura Taylor and Linda Ger Walters.** Your skill and compassion are bringing renewed hope and healing to so many.



Our facilitators and supervisors pose during our recent "Supporting Our Supporters Day". This refreshing event allowed everyone to network together, discuss recent changes at BFO-HP, meditate and explore expressive art.

Calendar of Events

Date & Time	Event/Meeting	Location	Messages
Feb. 13, 2007 @ 9:00 a.m. Mar. 13, 2207 @ 9:00 a.m.	PAC Meeting	BFO Office	
Feb. 19, 2007 @ 6:30 p.m. Mar. 19, 2007 @ 6:30 p.m.	Board Meeting	BFO Office	
February 20, 2007 7:00 p.m.	Share and Support Night Topic: When Words Wound Us	BFO Office	Everyone invited
March 20, 2007 7:00 p.m.	Share and Support Night Topic: Welcoming Spring Flowers	BFO Office	Everyone Invited
March-April 2007	Facilitator Training Program	BFO Office	Specific dates and times to be announced soon.
May 5, 2007	Walk To Remember	To Be Announced	Come out and participate in this wonderful memorial event.
Thursday, May 31, 2007	Annual Golf Tournament	Lionhead Golf & Country Club	Registration forms will soon be available on our website: www.bereavedfamilies.ca

Hold a true friend with both your hands.

Nigerian Proverb

For all the special moments in life, when you are thinking about honouring or remembering loved ones and friends, we encourage you to make a financial gift to

BEREAVED FAMILIES OF ONTARIO-HALTON/PEEL

by filling out the form below

or on line at: www.bereavedfamilies.ca

or simply by calling our office at: 905-813-4337

I would like to make a donation of:

() \$25 () \$50 () \$100 () \$250 Other \$ _____

Name: _____

Address: _____

City: _____ Postal Code: _____

Email: _____

- () 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 on "Loved Ones Remembered" page of the newsletter.
- () No, 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. (BFO reserves the right to edit all submissions for content/length)
In memory of: _____

Date of Birth: _____

Date of Death: _____

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

- () I am enclosing a cheque payable to **Bereaved Families of Ontario - Halton/Peel**
- () I prefer to pay by () VISA () Mastercard

Card #: _____

Expiry date: _____

Signature: _____

Thank you for your Gift!

All donations are tax receipted. Charitable registration number:
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