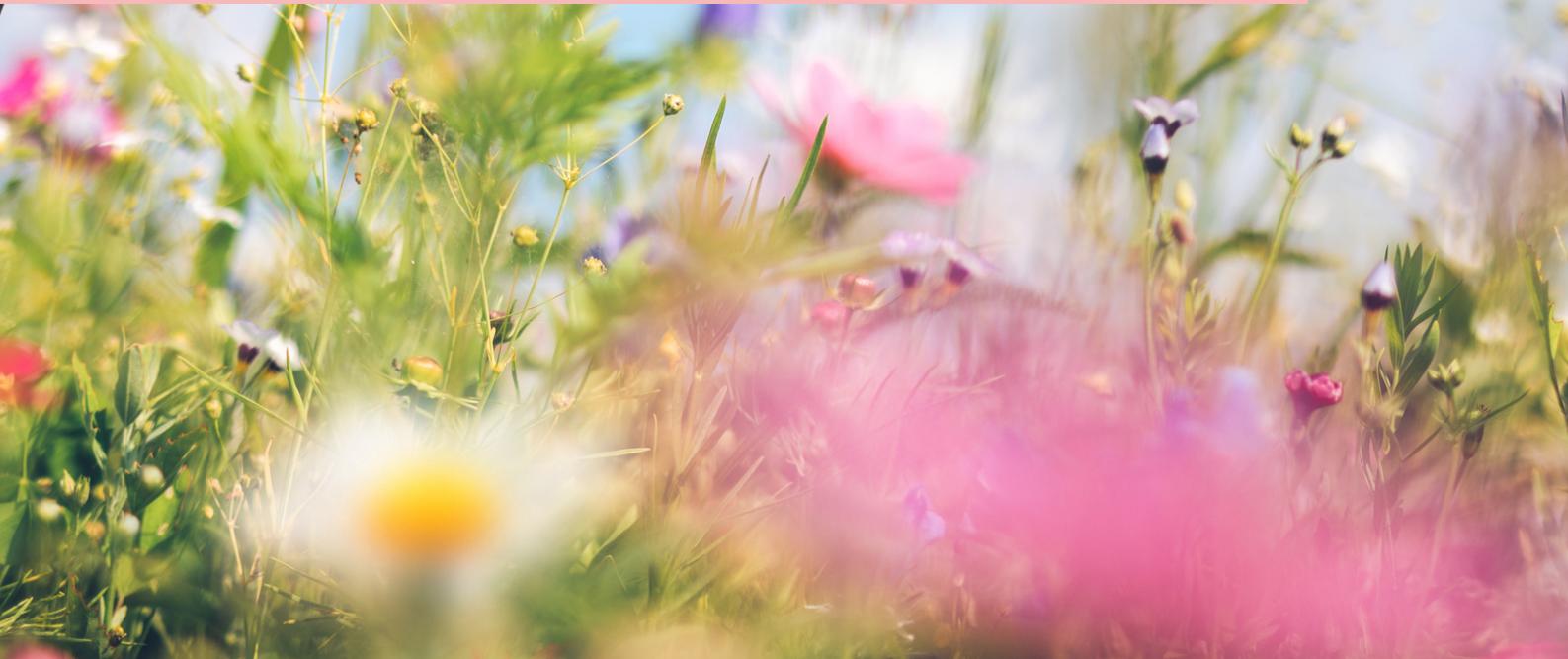




CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
Halton / Peel

CFGH QUARTERLY GROUPS: SPRING EDITION



This document includes all upcoming **open and closed** grief support groups with the Centre for Grief and Healing (BFO-H/P), their topics, and notices/updates from **April 2023 to May 2023**. You will also find our group guidelines. Topics are subject to change.

FREQUENTLY ASKED QUESTIONS

WHAT IS AN OPEN GROUP?

01

Our open groups are our ongoing groups that occur on a weekly or bi-weekly basis, throughout the year (e.g., our virtual: Mixed Loss, Child Loss, Parent and Guardian Loss, and Partner Loss groups). **Open virtual groups require registration during the week the group of interest runs** (registration opens Mondays at 9:00am and stays open until 4:00pm the day of the group). Our in-person Mixed Loss support group accepts registrations as early as 9:00am Mondays during the week before the group runs until the Friday by 4:00pm.

One registration does not apply to the rest of the groups - you must register for the group of interest every week/bi-weekly. We do not accept registrations earlier than the above times. New and existing members can continue to join these groups for as long as they'd like and occasionally there will be different group facilitators. **All members must have had an individual peer support session or group information session prior to joining their first group.**

WHAT IS A CLOSED GROUP?

02

Our closed groups are not ongoing. They have a set number of weeks the group will run for (e.g., 6-weeks, 8-weeks, 12-weeks). These groups are more specific to a population and/or to a specific type of loss (e.g., COVID-19 Loss, Suicide Loss, Overdose Loss, Newcomer Groups, Senior Groups).

Closed groups do not require ongoing registration during the week the group runs. Participants register **one time**, and this registration applies to each week of the group. New members do not join this group after the first two sessions, and no new facilitators will join. This group has the same participants and same facilitators throughout each week. With this said, **weekly attendance is expected from both participants and facilitators**. Closed groups are most effective when the same participants and facilitators attend each session to contribute to and engage through the emotional support offered within the group. This dynamic helps build rapport and trust within the group and can sometimes lead to lasting friendships! All members must have had an individual peer support session or group information session prior to joining the first group.

Additional Closed Group details can be found on the next page.

FREQUENTLY ASKED QUESTIONS

ADDITIONAL CLOSED GROUP DETAILS

02

Participants who miss the first 2 sessions of a closed group are removed from the group entirely so that others can be invited to join. Participants are asked to report anticipated absences to info@bereavedfamilies.ca. We understand emergencies can arise and may prevent someone from attending a group. If this happens, we ask that you inform us ahead of time (if possible) that you are unable to attend a group session. Members who miss more than two consecutive groups without notifying us are removed from the group.

**The types of Closed Groups vary throughout the year and are based on funding approvals, and/or community requests and/or gaps within the community.*

I'M UNABLE TO ATTEND A GROUP. WHAT DO I DO?

03

If you are aware you cannot attend a group you registered for, please call or e-mail us at: 905-848-4337 or info@bereavedfamilies.ca as soon as possible. This is so we have an understanding of how many participants there will be in group and/or we may provide your spot to another participant wanting to attend group should our group be full (our groups are capped at 10 participants total). **If you are running late**, please note that after group has started, the main office door will be locked 20 minutes after the group's start time (in-person) and no one is permitted to enter group after this time. For virtual groups, you will not be admitted into the group room if you arrive 20+ minutes late.

ARE THERE AGE RESTRICTIONS FOR THESE GROUPS?

04

These groups are for those ages 18+. Our one-to-one supports are available to those ages 6+.

More information about our groups and programs can be found on our website at www.bereavedfamilies.ca/faq.

GROUP GUIDELINES

These guidelines are an extension of our Comfort Agreements, which are shortened and read at the beginning of every group. The following guidelines and recommendations were created to maintain informed, safe, inclusive, and equitable spaces when participating in groups, and to help foster respect and understanding for one another.

Confidentiality

- Please hold in confidence the identity of, and information about, other group members and what they have shared in group.
- Staff, volunteers, and students are required to keep group discussion and personal information confidential, with the following exceptions:
 - If there is clear imminent risk of serious harm (includes physical or psychological harm) to a group member or anyone else;
 - If there is reasonable suspicion of abuse or neglect of a minor;
 - If there is reasonable suspicion of abuse or neglect of an individual living in long-term care;
 - If disclosure is required by law or court order (e.g., subpoena);
 - As necessary, with other members of the Centre for Grief and Healing (BFO-H/P) multidisciplinary team
- When participating in online groups, you are choosing to participate in group support sessions via the internet using Zoom (for more information about Zoom's security and privacy, visit <https://zoom.us/privacy>). Online platforms are not 100% guaranteed to be secure and confidential.

Online Groups

- Please find a quiet, confidential space to participate in the group. Headphones are recommended if the audio might be overheard. Anyone who is not in a confidential space will be removed from the session and will be welcome to return once the concern is resolved.
- Participants are required to join sessions from a fixed address (not while driving or on transit).
- Having your camera on is mandatory for confidentiality and safety reasons. Please do not use a virtual background (*blurred backgrounds permitted*). Participants with their cameras off will be asked to turn them on. Cameras can be angled so you are visible on screen, or, be angled away from you but still kept on. If you need to step away, please keep your camera on (you may angle your device/camera). Please reach out to us if you have any concerns.

Safety and Respect for Others

- If you are comfortable, please state your personal pronouns when checking-in and/or add them next to your name on Zoom for online groups.
- During in-person groups, please silence and refrain from using cell phones and/or other electronics. In online groups, please close other apps and computer programs during group and silence notifications.
- Please be mindful when sharing details. These groups are not created to process trauma, therefore, there is a risk of re-traumatization in open group settings when explicit/graphic details are shared. We encourage discussions focused on processing emotions, sharing skills and coping strategies, and reflecting on group content.

GROUP GUIDELINES

Safety and Respect for Others Continued

- We require that group participants refrain from the following on Centre for Grief and Healing (BFO-H/P) property and while participating in online groups: smoking (including e-cigarettes), alcohol or drug use, violence, and self-harm.
- Anyone engaging in the above activities will be asked to leave the premises or will be removed from the online group. Anyone arriving at Centre for Grief and Healing (BFO-H/P) or who participates in an online group while under the influence of drugs and/or alcohol may be asked to leave if their presence and/or behaviour compromises the safety or well-being of themselves or others.

Sharing the Floor in Group and Speaking from an 'I' Perspective

- If you share often during a group, consider creating space for others to share; if you are someone who doesn't normally feel comfortable speaking, please let us know how we can support you in sharing when you're ready.
- During online groups, it can be difficult to hear when multiple people speak at once; therefore, turn-taking is important. Please do not interrupt others who are speaking, and please keep your audio muted when you are not speaking to reduce background noise. If you'd like to say something about what someone has shared, we recommend raising a hand.
- Members are encouraged to own their feelings, and share using "I statements". This includes experiences related to mental health, culture, religion, political views, etc. Sharing from your personal experience helps us to hold space for the variety of perspectives in the sessions and to avoid generalizations.

Food and Beverages

- Please do not eat while participating in a group as it can be distracting or triggering to others.
- Non-alcoholic beverages may be consumed during group sessions (e.g., water, tea, coffee).

Scent Sensitivity

- Please do your best to limit your use of scented products while attending in-person activities with the organization.

Personal Belongings

- Please keep your valuables with you at all times while attending in-person activities with the organization. Centre for Grief and Healing (BFO-H/P) is not responsible for lost or stolen items.

GROUP GUIDELINES

Group Attendance and Registration

Ensure you are registered for your group prior to attending. You cannot invite anyone to or share the online group link with those who have not registered for group themselves. *Not applicable to those who require a support person for accessibility reasons. Please let us know if so.

- A minimum of 3 participants are required to run a full 90-minute group session. If fewer than 3 participants show up, facilitators will hold a 30-minute check-in session. If only 1 person is registered for a group, they will be notified that group is cancelled.
- Group members are expected to join group sessions on time. For in-person groups, members are welcome to arrive up to 10 minutes before their group start time. Members 20+ minutes late will not be permitted to join the session. We ask that everyone leaves the group in a timely manner after the group ends.
- For online groups, members are permitted to join the session prior to the scheduled time, however, they will be in an online waiting room until the facilitators begin the session. Members who are 20+ minutes late will not be permitted to join the session.

Anti-Harassment and Discrimination

- Centre for Grief and Healing (BFO-H/P) aims to create an environment that respects differences of all kinds and is committed to providing an environment free of harassment and discrimination, as outlined in our Harassment and Discrimination Policy.
- In order to create a welcoming environment to group members with disabilities, we encourage group members to put the person first - when interacting with a group member who is using a disability aid, please focus on the person rather than the disability aid (e.g., service animals, interpreters, mobility aids).



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
Halton / Peel

CFGH OPEN GROUPS



The next few pages contains all upcoming **open grief support groups**, their dates, the according topics, and any notices and/or updates about them.



VIRTUAL MIXED LOSS GROUP

Operating (virtually) every Tuesday from 6:30pm-8:00pm.

APRIL 2023

- 4th: Living Their Legacy
- 11th: Establishing Memorials
- 18th: Your Unique Grief
- 25th: The New Abnormal

MAY 2023

All groups will not run from April 30th to May 14th.

- 16th: Introduction to Grief
- 23rd: Sharing Stories
- 30th: Cherishing Memories

JUNE 2023

- 6th: Leaning Into Your Grief
- 13th: Resiliency in Adversity
- 20th: Relationships And Secondary Losses
- 27th: Coping With Grief Differences

JULY 2023

July-September dates/topics will be released in June.

Topics may change depending on the group discussion that day and/or programming changes.



IN-PERSON MIXED LOSS GROUP

Operating the 3rd Monday of every month from 6:30pm-8:00pm.

APRIL 2023

- 17th: Coping With Grief Differences

MAY 2023

- 15th: Making and Managing Boundaries

JUNE 2023

- 19th: Coping With Triggers

JULY 2023

July-September dates/topics will be released in June.

Topics may change depending on the group discussion that day and/or programming changes.

OFFICE LOCATION

We are located at 610-33 City Centre Drive, Mississauga ON. Parking is available on-site for free, or across the street at Square One (Walmart parking is the closest).

IMPORTANT NOTES

- Participants can be admitted into the group room as early as 6:15pm. The doors will remain locked until then.
- Latecomers are not permitted into group as of 6:50pm.
- Please fill up your reusable water bottle prior to group's start time. Water fountains and washrooms are down the hall of our floor. Doors are locked as of 6:50pm. Please knock loudly if you leave and return during group to be let in.
- To exit the building after group, press the blue button next to the doors.



CENTRE FOR GRIEF & HEALING

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CHILD LOSS GROUP

Operating (virtually) every other Wednesday from 6:30pm-8:00pm.

APRIL 2023

- 12th: Coping With Grief Differences
- 26th: Making and Managing Boundaries

MAY 2023

All groups will not run from April 30th to May 14th.

- 17th: Coping With Triggers
- 31st: Coping With Special Occasions

JUNE 2023

- 14th: Engaging in Self-Care
- 28th: Maintaining an Ongoing Connection

JULY 2023

July-September dates/topics will be released in June.

Topics may change depending on the group discussion that day and/or programming changes.



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
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SIBLING LOSS GROUP

Operating (virtually) every other Wednesday from 6:30pm-8:00pm.

APRIL 2023

- 5th: Making and Managing Boundaries
- 19th: The New Abnormal

The open group version of this group will **no longer be running throughout the year as of April 19th** due to low registrations and limited interest. This group will instead turn into a closed group in the future, based on requests.

Topics may change depending on the group discussion that day and/or programming changes.



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
Halton / Peel

PARENT & GUARDIAN LOSS GROUP

Operating (virtually) every Wednesday from 6:30pm-8:00pm.

APRIL 2023

- 5th: Living Their Legacy
- 12th: Establishing Memorials
- 19th: Your Unique Grief
- 26th: The New Abnormal

MAY 2023

All groups will not run from April 30th to May 14th.

- 17th: Introduction to Grief
- 24th: Sharing Stories
- 31st: Cherishing Memories

JUNE 2023

- 7th: Leaning Into Your Grief
- 14th: Resiliency in Adversity
- 21st: Relationships and Secondary Losses
- 28th: Coping With Grief Differences

JULY 2023

July-September dates/topics will be released in June.

Topics may change depending on the group discussion that day and/or programming changes.



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
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PARTNER LOSS (AGES 18-50) GROUP

Operating (virtually) every other Thursday from 6:30pm-8:00pm.

APRIL 2023

- 6th: Making and Managing Boundaries
- 20th: Coping With Triggers

MAY 2023

All groups will not run from April 30th to May 14th.

- 18th: Coping With Special Occasions

JUNE 2023

- 1st: Engaging in Self-Care
- 15th: Maintaining an Ongoing Connection
- 29th: Living Their Legacy

JULY 2023

July-September dates/topics will be released in June.

Topics may change depending on the group discussion that day and/or programming changes.



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
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PARTNER LOSS (AGES 50+) GROUP

Operating (virtually) every other Thursday from 6:30pm-8:00pm.

APRIL 2023

- 13th: Coping With Triggers
- 27th: Coping With Special Occasions

MAY 2023

All groups will not run from April 30th to May 14th.

- 25th: Engaging in Self-Care

JUNE 2023

- 8th: Maintaining an Ongoing Connection
- 22nd: Living Their Legacy

JULY 2023

July-September dates/topics will be released in June.

Topics may change depending on the group discussion that day and/or programming changes.

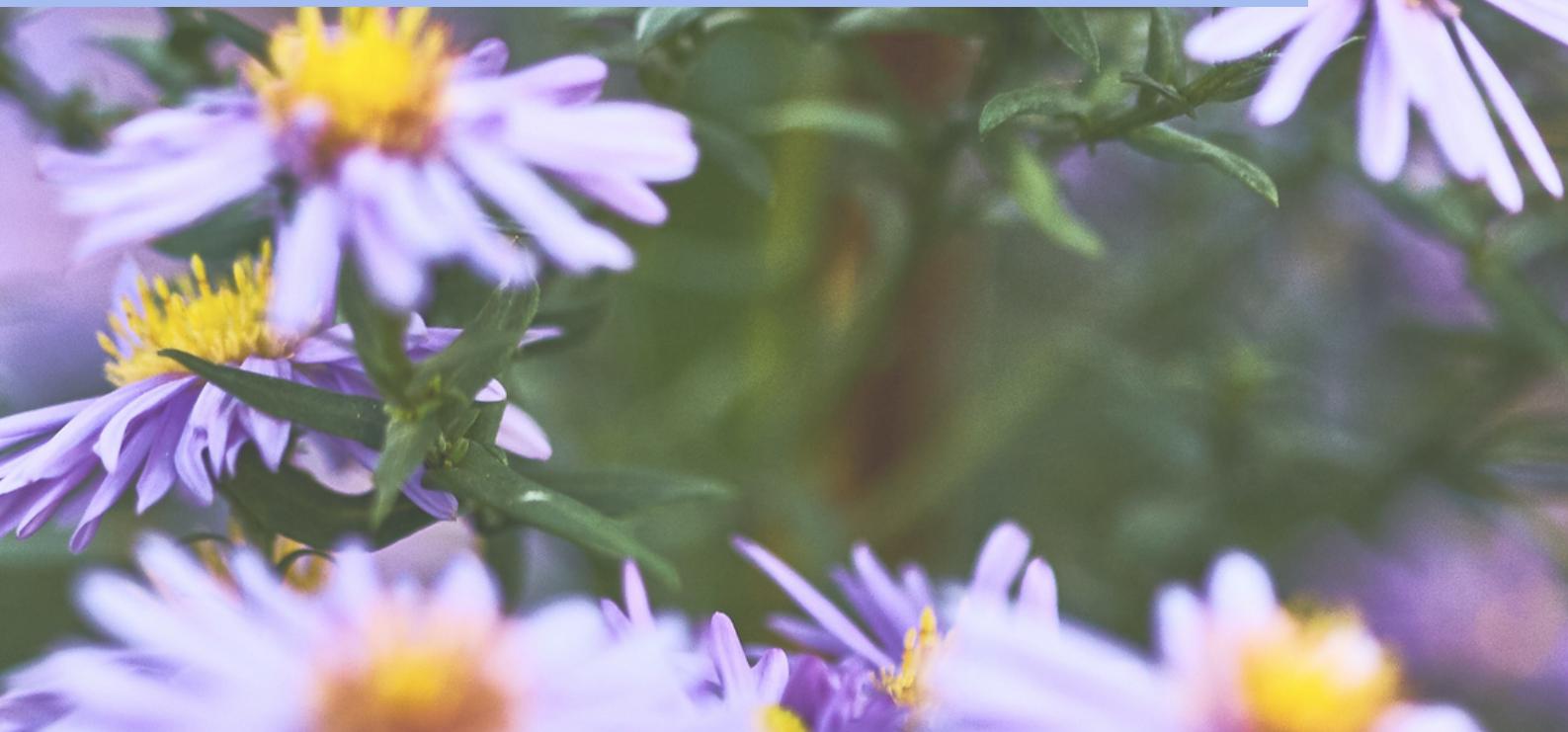


CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
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CFGH CLOSED GROUPS



The next few pages contains all upcoming **closed grief support groups**, their dates, the according topics, and any notices and/or updates about them.



CENTRE FOR GRIEF & HEALING

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6-WEEK CANCER LOSS GROUP

Operating (virtually) every Tuesday from 6:30pm-8:00pm, starting May 16th.

MAY 2023

- 16th, 23rd, 30th

JUNE 2023

- 6th, 13th, 20th

ADDITIONAL NOTES

Registrations are not being accepted for this group until it is announced in the coming weeks.

However, if you are *interested* in joining this group, please forward your interest to info@bereavedfamilies.ca. Once registration opens, we will contact those who showed interest. First come first serve for registrations when they open.

You **must** be able to commit to all 6-weeks of this support group. This group is for those ages 18+ and who have experienced a loss to cancer.

**Please also see the additional details about
Closed Groups at the beginning of this document.**