



**CENTRE FOR GRIEF & HEALING**  
Bereaved Families of Ontario -  
Halton / Peel

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**CENTRE FOR GRIEF  
AND HEALING**

**ANNUAL REPORT**

2021

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**BEREAVED FAMILIES OF ONTARIO -  
HALTON/PEEL**

[WWW.BEREAVEDFAMILIES.CA](http://WWW.BEREAVEDFAMILIES.CA) | 905.848.4337 | [INFO@BEREAVEDFAMILIES.CA](mailto:INFO@BEREAVEDFAMILIES.CA)



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## OUR HISTORY

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In 1977, John McKibbin, part of the chaplaincy department of the Hospital for Sick Children in Toronto, whose own daughter had died of leukemia, initiated a parental bereavement support program endorsed by the hospital's chaplain, Hugh Gemmell. Margaret Darte, Marilyn Lee, Diane Oakes Foster and Irene Clarfield, participants in this program then became involved in the development of a bereavement support program now known as Bereaved Families of Ontario (BFO).

In 1989, Bereaved Families of Ontario - Halton / Peel became a Registered Charity committed to supporting grieving individuals and families. We are one of eleven affiliates located throughout Ontario, all with strong community spirit that mirrors the commitment made by volunteers and staff. BFO programs are facilitated by trained volunteers who are themselves bereaved.





# MISSION

To be the recognized leader in the Halton-Peel Community in support of grief and healing.

# MANDATE

- To provide children, youth & adults with a safe place to grieve the death of a loved one.
- To empower children, youth, adults, seniors, families and workplaces by validating their experiences and providing coping strategies that improve the mental health impacts of grief (ex. depression, anxiety, PTSD, and substance use).
- To reduce the stigma of death, dying, and bereavement by educating and sensitizing health care professionals, funeral directors, referral sources, the business community and the general public.
- To advocate for and with the bereaved community to achieve inclusivity.

# VISION

To provide inclusive mutual support, improved awareness and education about grief, that fosters hope, healing and improved health and wellness outcomes in the Halton-Peel community.

# VALUES

- We believe everyone has inherent dignity and worth
- We believe everyone individual is the expert of their own life
- We believe everyone has the right to self-determination
- We believe in mutual support
- We believe in compassion and empathy
- We believe in understanding and acceptance
- We believe in diversity
- We believe in building healthy relationships

The Centre for Grief & Healing (Bereaved Families of Ontario - Halton/Peel) is a registered charitable organization offering compassion and care for individuals dealing with the death of a loved one.

Registered Charity #118803667RR0001

Greetings from the Centre for Grief and Healing (BFO-H/P) Board.

First, let me start by passing along the Board's sincerest appreciation to all our members, volunteers, staff, students, funders, and supporters. We do not exist without your support, your relentless determination, and unwavering commitment to grief support in our Halton-Peel community.

It has been two and a half years of learning to live and adapt to the Covid world but through it all, the Centre for Grief and Healing has endeared to help our community with loss. We have persistently adapted to address all this change. Led by our new Executive Director, Julia Duz and the team of Victoria Berry, Program Manager, Irish Dhindsa, Volunteer Coordinator, Eran Asombang, Bookkeeper, and many students and volunteers, we have carefully supported grief.

The team has adjusted much of our focus to "one-to-one" support directly with members at home. We continue to offer groups using new virtual collaborative tools considering no face-to-face programs. Although we have not been able to run our connecting events in person, we have embraced virtual walks and online holiday ceremonies to connect with all stakeholders.

We have been able to sustain our services through the tremendous support of Ontario Trillium Foundation; Region of Peel; Community Foundation of Mississauga; Halton Region; Brampton and Caledon Community Foundation; Government of Canada, Whole Foods and United Way Milton along with the many generous corporate and individual donors. We thank you all.

In early 2022 we updated and developed a new 3-year strategic plan to adapt to this new world. Our plan is to continue expanding coverage for individual and group support services, helping children, youth, and other vulnerable individuals with their grief. As well, we are developing a comprehensive and cooperative fundraising program that will span the region and province harmonizing grief messaging across Ontario, so please keep a watch out to join in and participate.

In closing, I personally want to thank Julia, the team, and my fellow Board members for their tremendous leadership and steadfast commitment to our goals and the community. We are doing magnificent work with passion and an unyielding effort to help our community. I encourage you all to keep spreading the word about the value of the Centre for Grief and Healing. Please do not hesitate to reach out to the Board if you have feedback or other needs, we are here to help. Thank you to all for your perseverance throughout these unprecedented times.

Warmly,

Richard Sheppard  
Chairman of the Board

# MESSAGE FROM OUR EXECUTIVE DIRECTOR

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The year 2021 has brought an array of challenges, successes, and hope for our organization and community. We continued to adapt to the challenges presented by the pandemic, while our community continues to live the pandemic of grief. Throughout 2021, we offered our programs and services virtually, in order to meet the needs of the community and provide essential grief support in an accessible manner. We recognized a need for individual grief support and focused our efforts on increasing this service. By the end of 2021, we facilitated a total of 1423 individual support sessions. This is a 127% increase from 2020 and a 370% increase from 2019.

This is not possible without our staff team, board of directors, volunteers, students, funders, and donors. A special thank you to our generous funders, including the Region of Peel, Ontario Trillium Foundation, Community Foundation of Mississauga; Halton Region; Brampton and Caledon Community Foundation; Government of Canada, Whole Foods and United Way Milton, and all of our individual and corporate donors. Additionally, I would like to personally thank each and every one of our dedicated volunteers and board members, our success would not possible without you. Lastly, I am honoured to have the opportunity to work alongside an incredible staff team at the Centre for Grief and Healing. Without the hard work, empathy, and perseverance of Victoria Berry, Irish Dhindsa, Eran Asombang, and Allison Nephew, none of this would be possible. To you all, I am truly grateful.

Here's to a new year of hope and healing.

With sincere gratitude,



Julia Duz  
Executive Director



To live in hearts we leave behind is not to die.  
~ Thomas Campbell

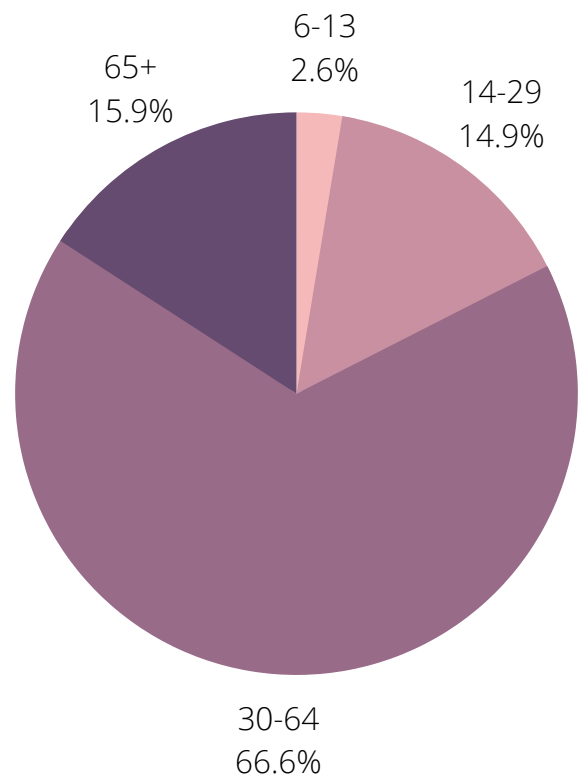
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# OUR CLIENTS 67%

**OF ALL RECORDED CLIENTS ARE BETWEEN THE AGES OF 30-64.**

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16% of our clients are seniors aged 65+, 15% of our clients are youth 14-29 years old, and 3% of our clients are children aged 6-13.

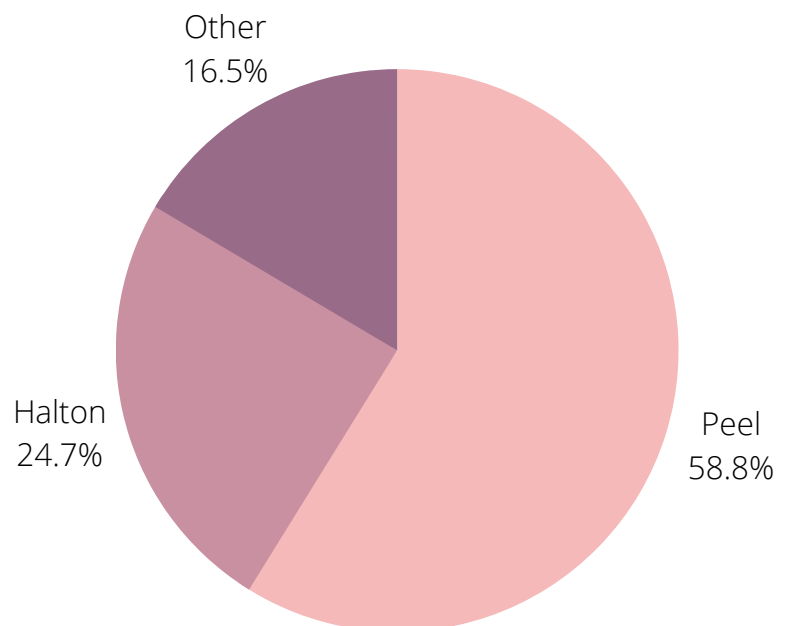


# OUR CLIENTS 59%

**OF OUR 2021 INTAKES LIVE IN THE PEEL REGION.**

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25% of our 2021 clients live in the Halton Region, and 17% of our 2021 clients live in Other regions outside of our catchments.



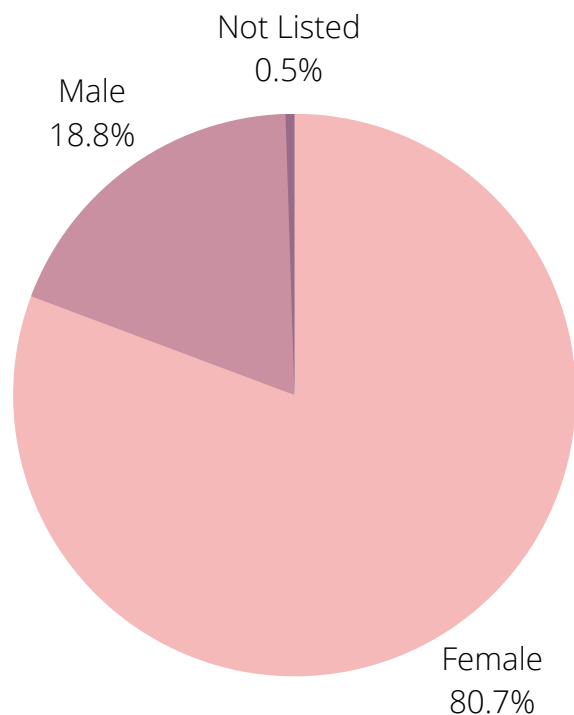
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# OUR CLIENTS 81%

OF OUR 2021 INTAKES IDENTIFY AS FEMALE.

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Most of our 2021 clients identify as female, while roughly 19% identify as male and <1% identify as Not Listed. 36 individuals (not represented) did not provide an answer.



# 36%

OF OUR 2021 INTAKES DEAL WITH MENTAL HEALTH CHALLENGES.

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Over 36% of our 2021 clients are dealing with additional mental health challenges, such as **depression** (37%), **anxiety** (38%), OCD, Autism, ADHD, BPD, ED, Sleep Disorders, ADD, Schizophrenia, Psychosis, PTSD, and trauma. 36 individuals (not represented) preferred not to share Yes or No, and 55 individuals did not provide an answer.



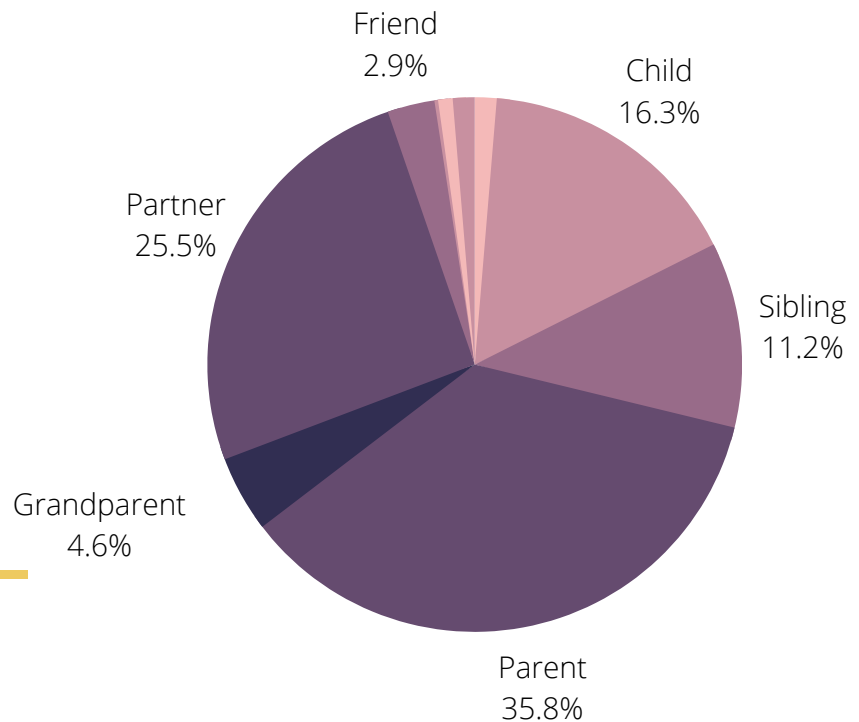
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# OUR CLIENTS 36%

OF OUR 2021 INTAKES HAVE EXPERIENCED THE LOSS OF A PARENT.

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26% have a partner loss, 16% have a child loss, 11% have a sibling loss, 5% have a grandparent loss, 3% have a friend loss, and 4% have experienced other losses.

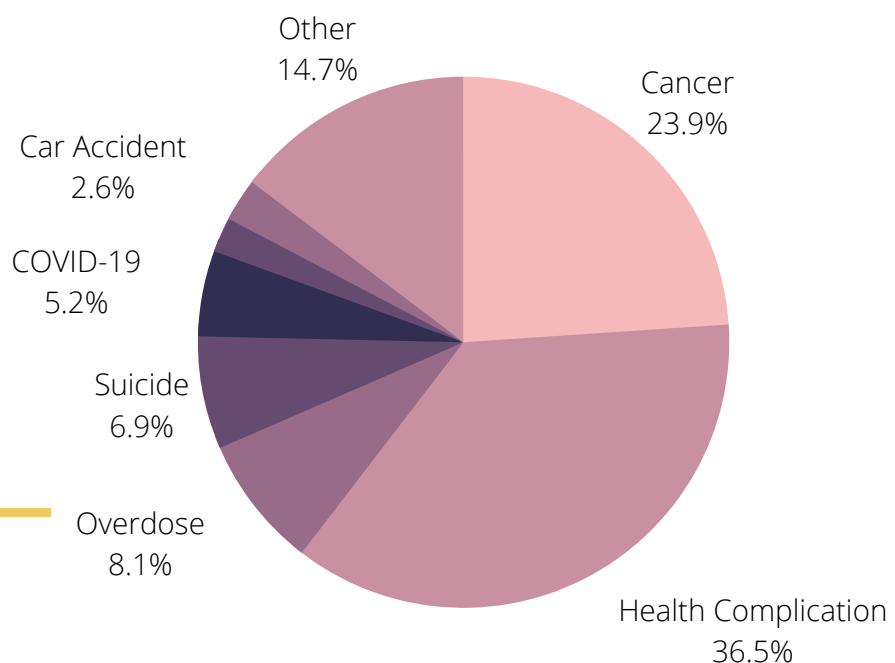


# OUR CLIENTS 37%

OF OUR 2021 INTAKES HAVE LOST A LOVED ONE TO A HEALTH COMPLICATION.

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24% to cancer, 8% to overdose, 7% to suicide, 5% to COVID-19, 3% to a car accident, 2% to homicide, and 15% to other causes.





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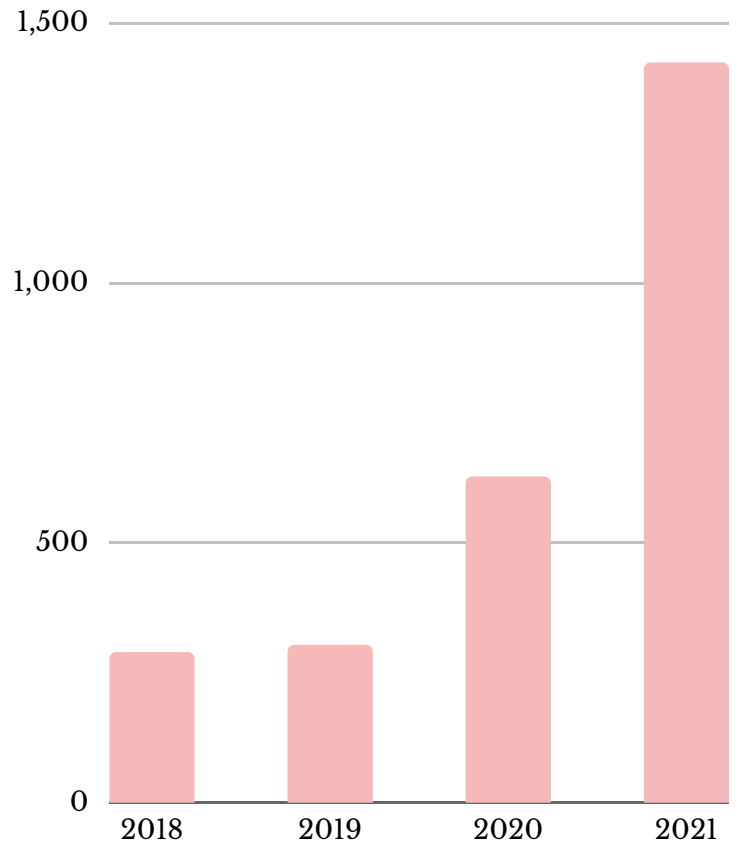
# OUR INDIVIDUAL SUPPORT SERVICES

# 127%

## INCREASE IN DEMAND

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We have seen over a 127% increase in our one-to-one services from 2020 to 2021, with **1,423 individual support sessions** completed in 2021. This means a **394% increase since 2018** and with fewer staff.



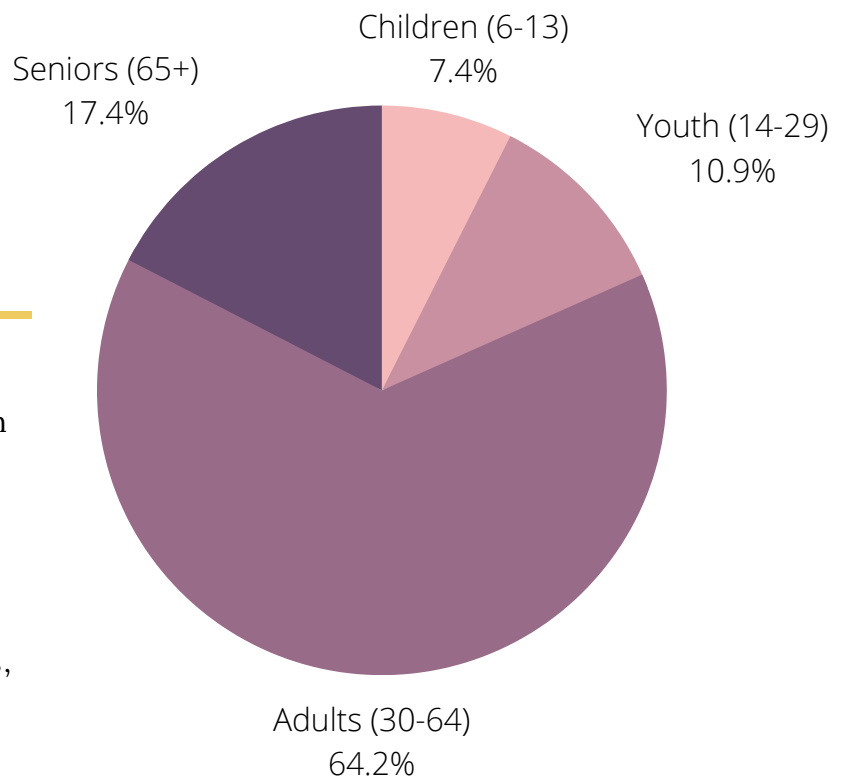
# 432

## TOTAL INTAKES IN 2021

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We had **432 new individuals** join our community in 2021 compared to 331 in 2020.

Out of our 1,423 individual support sessions, 106 were with children, 155 were with youth, 914 were with adults, and 248 were with seniors in our community.





## WHAT OUR PARTICIPANTS ARE SAYING ABOUT OUR ONE-TO-ONE SERVICES

"Amazing and empathetic staff members who really listen, and really care".

"So grateful to be able to access peer and one on one support services. Thank you for continuing to exist to support the need for people in their grief!"

"My helper is extremely supportive and very empathetic. They pay close attention to what you are saying, and they constantly look for ways to help you. They are very adept at finding resources to help you. They definitely go the extra mile, and they are very caring".

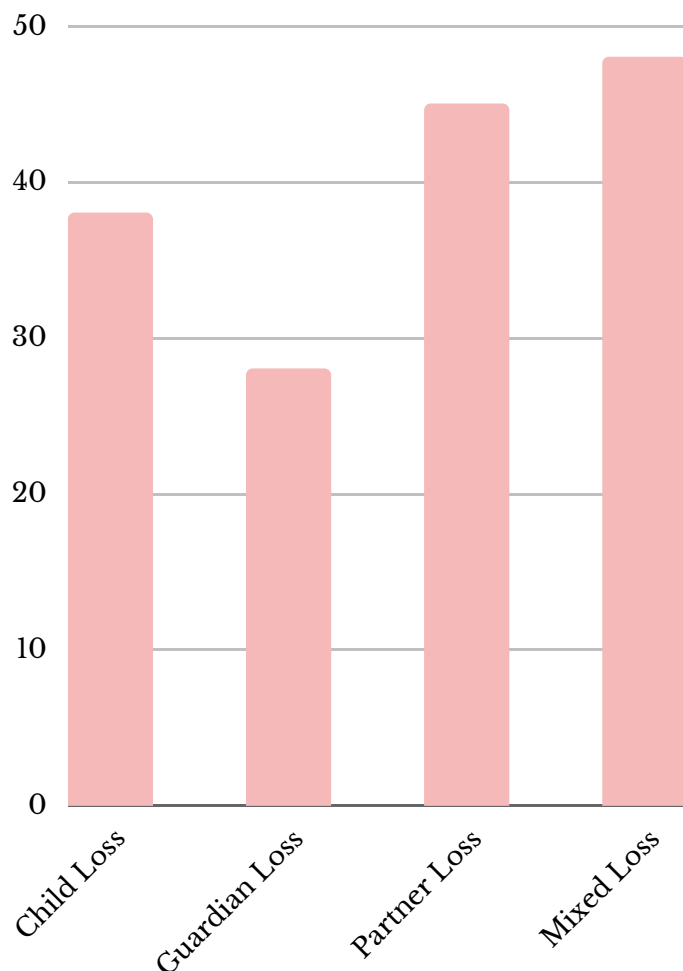


# OUR GRIEF SUPPORT GROUPS

# 190

## GRIEF SUPPORT GROUPS IN 2021

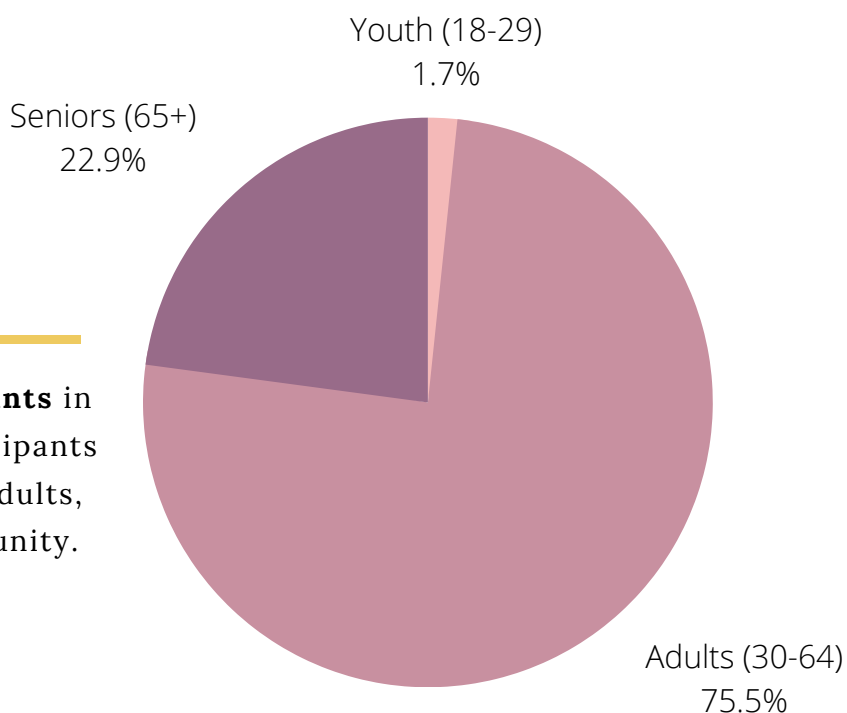
In 2021, we ran **190** grief support groups compared to **71** in 2020 (168% increase). We ran: Mixed Loss, Child Loss, Guardian Loss, and Partner Loss groups on an ongoing basis. We also ran: Suicide Loss, Seniors Group, and Newcomer Groups via closed groups.



# 966

## PARTICIPANTS IN OUR GRIEF SUPPORT GROUPS

We supported **966** group participants in 2021 compared to 434 group participants in 2020. 16 were youth, 729 were adults, and 221 were seniors in our community.







## WHAT OUR PARTICIPANTS ARE SAYING ABOUT OUR GRIEF SUPPORT GROUPS

"The group sessions have been really helpful as I navigate life with my grief. It's comforting to be in the company of others that I can relate to. The facilitators are compassionate, kind and caring".

"The facilitator has a way of hearing what is being said and their responses are compassionate. I'm learning a lot from peer support and the groups are well thought out and organized".

"The support group has made me feel less alone. I got helpful information about coping and self-care and the facilitators are kind".



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# OUR COMMUNITY EVENTS



276

## **PARTICIPANTS AT BFO EVENTS**

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In 2021, we had **276 individuals** participate in our community events. They include our (4) GriefTalks, Walk to Remember, Loving Memory Ceremony, and our Annual General Meeting.

134

## **INDIVIDUAL COMMUNITY CONNECTIONS**

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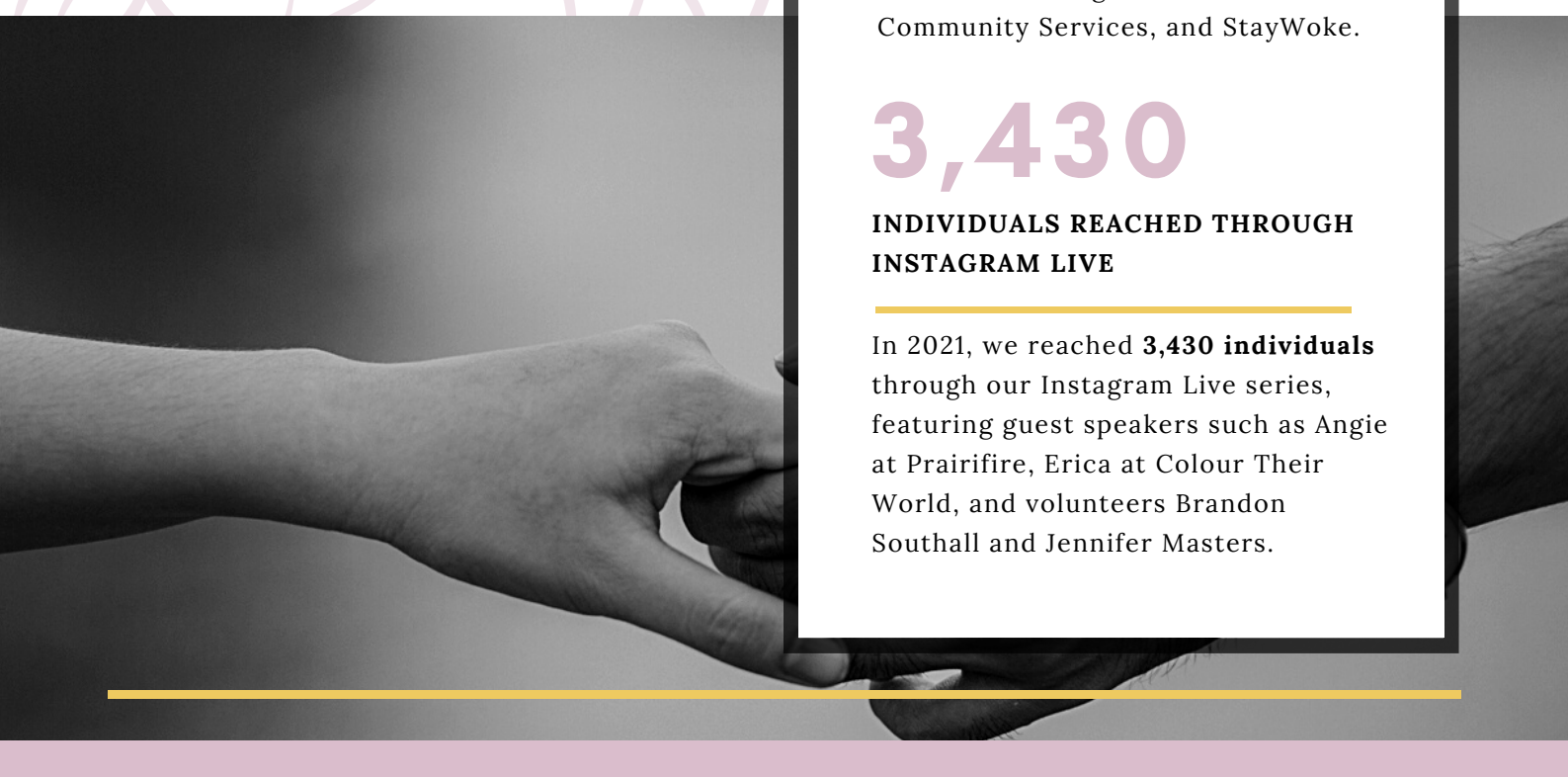

In 2021, we connected with **134 individuals** in our community through *Navigating Through Grief* and workshops. We connected with: Canada Border Services, Halton Black Voices, Halton Police, Tapestry Village, Centre for Immigration and Community Services, and StayWoke.

3,430

## **INDIVIDUALS REACHED THROUGH INSTAGRAM LIVE**

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In 2021, we reached **3,430 individuals** through our Instagram Live series, featuring guest speakers such as Angie at Prairifire, Erica at Colour Their World, and volunteers Brandon Southall and Jennifer Masters.



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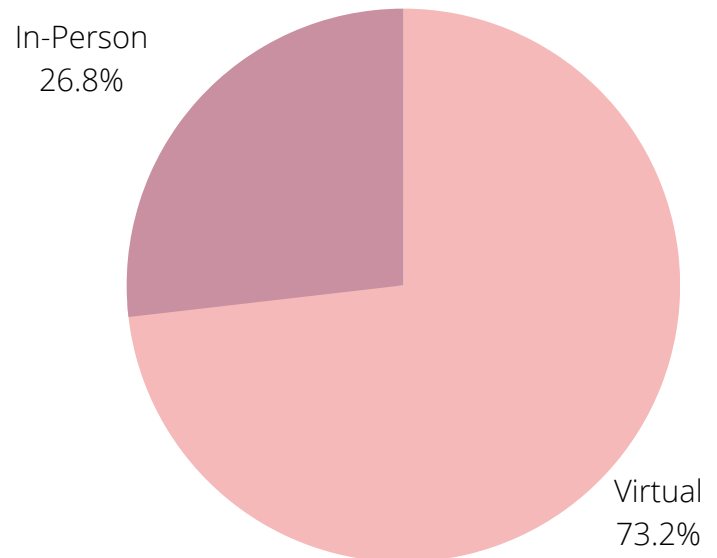


# OUR COMMUNITY'S FEEDBACK FOR 2022-23

## 73%

### PREFER VIRTUAL EVENTS

Events include our educational workshops, GriefTalks, and commemorative events.



## 60%

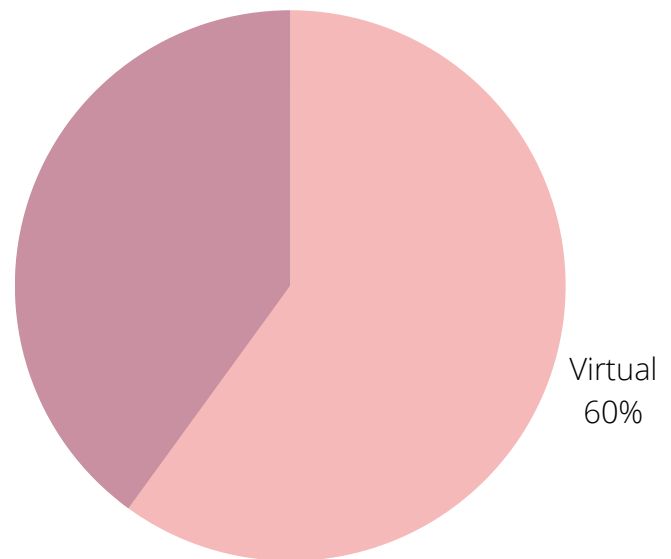
### PREFER VIRTUAL ONE-TO-ONES

50% prefer virtual support groups.

#### What the Community is Saying:

"Phone support has been extremely helpful for me"; "I wouldn't have been able to access your services if you were in-person".

In-Person  
40%



Common requests and feedback from 2021's end-of-year survey include: "**Wellness and Self-Care**" based groups and events (e.g., Book Clubs, Meditation, Yoga, Journaling, Walking, Nutrition) in order to have more coping strategies and help with "life beyond grief". Additionally, more focus and information on "**Mental Health and Anxiety**" aspects of grief in both groups and one-to-one sessions.

# SOCIAL MEDIA

The following data is as of January 1st, 2022.

# 1,625

## INSTAGRAM

An account that has seen consistent growth over the past year.

# 543

## FACEBOOK MAIN PAGE

Compared to 470 in 2020.

# 125

## FACEBOOK SUPPORT GROUP

Started March 2020.

# 528

## LINKEDIN

Remains consistent.

# 325

## TWITTER

Remains consistent.

## NEW PLATFORMS



In 2021, we established and developed a Youtube for non-profits. This form of social media has enhanced outreach efforts and increased support through the sharing of educational materials, lived experiences, and support resources for clients. Some video examples include: The Holidays, Grounding Techniques, Adapting to Parental Loss By Suicide, Suicide and Grief, Anger and Grief, COVID-19 and Grief, and Volunteer Information Webinars and Appreciation videos.



We created a Spotify for the community to access Grief Meditations, Affirmations, Morning and Evening Meditations, School/Work Meditations and Sounds, Sleep Sounds and Meditations, Breath Work, Mindfulness, Sounds for Yoga Practice, Anxiety Meditations and Sounds, and Breathing and Meditations for Kids.



# VOLUNTEERING

**1273** total hours **96** volunteers collectively dedicated

**7** volunteer group facilitator and administrative trainings

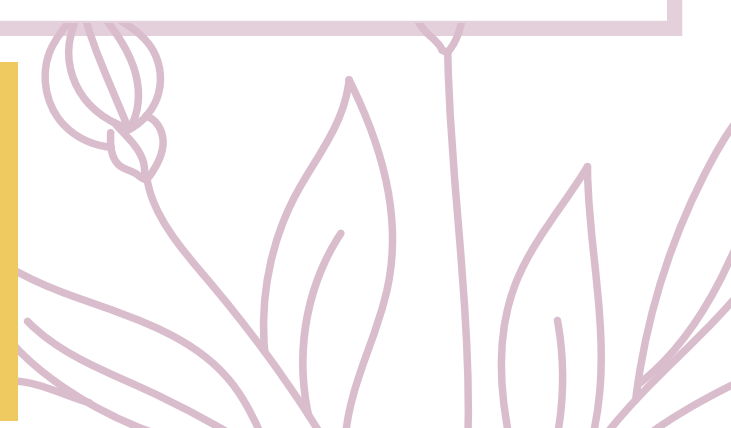
**23** total bilingual or trilingual volunteers

**4-5** support groups that ran weekly/bi-weekly from **Jan 2020-December 2020**

**5** support groups that are running **weekly** from **Jan 2021-Dec 2021**

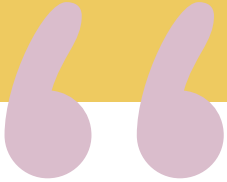
**100** percent total of dedicated, empathetic, driven, and supportive volunteers

*A special thank you to each and every one of our valued volunteers. We are so fortunate to have a dedicated team of individuals who provide leadership, facilitate Grief Support Groups, help organize our events, and participate on our Board, Professional Advisory Committee and Subcommittees.*



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## WHAT OUR VOLUNTEERS ARE SAYING



I enjoyed that the training made me feel prepared for group sessions and my one to one sessions. I enjoyed the interactive portions with the videos to see what the facilitator was doing, and the mock sessions to gain experience and feedback.

- **Volunteer**

Updated and very well articulated!! The Facilitator presented in a dynamic and kept me attentive the whole day training!!

- **Volunteer**

What I love about this volunteering role is two-fold: First, the staffers/ volunteers with BFO-HP who I am meeting have made me feel like I have joined a warm and wonderful community. Everyone's open and kind-heartedness feeds my need for an emotional connection to people who 'get' grief and love and loss. Second, I am given the great and wonderful opportunity to offer comfort, hope and healing support for people who are grieving. - **Volunteer**



## 2021 FINANCIAL REVIEW

### Statement of Financial Position as of December 31st, 2021

<b>ASSETS</b>	<b>2021</b>	<b>2020</b>
Cash	177,715	222,591
Accounts Receivable	17,603	13,139
Prepaid Expenses	2,088	2,142
Due from affiliate or related party	3,180	2,059
Capital Assets	-	664
<b>TOTAL ASSETS</b>	<b>\$200,586</b>	<b>\$240,595</b>

<b>LIABILITIES</b>	<b>2021</b>	<b>2020</b>
Accounts payable and accrued liabilities	12,442	35,100
Government Remittances Payable	3,251	2,653
Deferred contributions	20,145	43,602
Due to affiliate or related party	1,381	1,672
Government loan (CEBA)	40,000	30,000
Deferred contributions: Capital assets and database	-	501
<b>TOTAL LIABILITIES</b>	<b>\$77,219</b>	<b>\$113,528</b>

<b>NET ASSETS</b>	<b>2021</b>	<b>2020</b>
Unrestricted net assets	99,867	103,404
Invested in capital assets	-	163
Internally restricted	23,500	23,500
<b>TOTAL NET ASSETS</b>	<b>\$123,367</b>	<b>\$127,067</b>

<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$200,586</b>	<b>\$240,595</b>
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## OUR FUNDERS MAKE A DIFFERENCE

Our sincere thanks to our Funders & Donors



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario





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# DONOR RECOGNITION

**Hope and Healing Friend (\$1-199)**

**Hope and Healing Ally (\$200-\$499)**

**Hope and Healing Supporter (\$500-\$999)**

**Hope and Healing Advocate (\$1000 - \$4,999)**

**Hope and Healing Provider (\$5,000 - \$9,999)**

**Hope and Healing Preserver (\$10,000-\$24,999)**

**Hope and Healing Champion (\$25,000+)**



## HOPE AND HEALING FRIEND

Armstrong, Lou  
Burkot, Andrzej  
Breen, Heather  
Collier, Heather  
Correia, Jenn  
Dhindsa, Jasleen  
Drepaul, Shery  
Fingerle, Marcus  
Forde, Dennise  
Franklin, Allan  
Grzebula, Aleks  
Hall, Amanda  
Harrial, Vijay

Jaroslawski, Adrienne  
Khan, Donna  
Kostopoulus, Justin  
Matheson, Hughena  
Moffat, Pearl  
Pogue, Jeffery  
Ronca, Rita  
Sharma, Vikas  
Skinner, Carol  
The Co-Operators  
Wilmot, Marline  
Young, Jacqueline  
Anonymous 11



## HOPE AND HEALING ALLY

Blair, Tammy  
Curtis, Lisa  
Deol, Bikram



## HOPE AND HEALING SUPPORTER

Mandel, Howard  
Risk, Ieva  
Shuster, Tara



## HOPE AND HEALING ADVOCATE

Abdul-Hussain, Mohamed  
Brampton Caledon Community Foundation  
Moro, Janice  
Sheppard, Richard



## HOPE AND HEALING PROVIDER

Employment and Social Development  
Canada

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# HOPE AND HEALING PRESERVER

Region of Peel: Capacity Fund



# HOPE AND HEALING CHAMPION

Halton Region Community Investment Fund  
Ontario Trillium Foundation: Resilient Communities Fund  
Pendle Fund @ Community Foundation of Mississauga  
Region of Peel: Core Fund



# OUR 2021 TEAM MADE A DIFFERENCE

## OUR STAFF

**Andrea O'Reilly**, Executive Director (May 2019-Oct 2021)

**Julia Duz (BACYC, RP (Qualifying))**, Executive Director, Program Manager, Grief Peer Support Worker

**Victoria Berry (SSW, BSW)**, Volunteer Coordinator, Program Manager & Grief Peer Support Worker

**Irish Dhindsa (BBA/BCOM/Certifications)**, Community Outreach Worker, Volunteer Coordinator & Grief Peer Support Worker

**Karen Omand (BASoc, BATHan)**, Grief Peer Support Worker & Intake Worker (Jan 2021-July 2021)

**Eran Derandonyan-Asombang**, Financial Bookkeeper

## OUR 2021-2022 STUDENTS

**Amy Daoust**, Student

**Anna Lisa Yap**, Student

**Ashika Sharma**, Canada Summer Jobs Student

**Will Barraclough**, Canada Summer Jobs Student

**Kaitlyn Wilcox**, Student

**Dareen Fatimah**, Student

**Wakaba Hoshino**, Student

**Mya Slocombe**, Student

**Samantha Jennings Willan**, Student

## OUR 2021/2022 BOARD OF DIRECTORS

**Richard Sheppard**, Chairman of the Board

**Haider Abdul-Hussain**, Vice President - Deputy Chair

**Adrienne Jaroslowski**, Secretary

**Bikram Deol**, Treasurer

**Janice Moro**, Fundraising & Strategic Planning

**Mayuran Vallipuram**, Human Resources & Governance

**Lorraine McGratten**, Human Resources

**Robin Cross**, Programs

**Amanda Ru Dong Hall**, Programs

**Ramneet Behniwal**, General

## OUR PROFESSIONAL ADVISORY COMMITTEE

**Dr. Flavia Ceschin**, PhD

**Poonam Patel**, MSW, RSW



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## CELEBRATING MILESTONES

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Celebrating 20 years with us is:  
**Richard Sheppard, Chair**

Celebrating 10 years with us is:  
**Dr. Flavia Ceschin, PhD**

Celebrating 5 years with us is:  
**Julia Duz, Executive Director**





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# WELCOMING 2022 NEW MEMBERS AND COMMITTEES

## OUR STAFF

Allison Nephew, Fundraising Event Specialist

## OUR 2022-23 STUDENTS

Samantha Jennings Willan, Canada Summer Jobs Student

DeLove Henry, Student

Kimberley Campbell, Student

Amanpreet Randhawa, Student

Osaretin Omoregie, Student

Soefie Binte Soebirin, Student

Catalina Oliva, Student

Deonah Francis, Student

Aman Mahi, Student

## OUR FUNDRAISING COMMITTEE

Janice Moro, Board Member

Haider Abdul-Hussain, Board Member

Allison Nephew, Staff

Tasha Oree, Volunteer

Anna Lisa Yap, Volunteer

Julia Duz, Staff



# Thank You



**Centre For Grief & Healing  
(Bereaved Families of Ontario - Halton/Peel)  
610-33 City Centre Drive, Mississauga, ON L5B 2N5  
905-848-4337  
info@bereavedfamilies.ca  
www.bereavedfamilies.ca**