

**REGISTER for our
Bereavement Support
Adult Groups
FALL 2011**

Bereaved Families
of Ontario
Ottawa Region
(BFO-OR)

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GROUP: Loss of Spouse

2hrs weekly, 10 wks

Start: Oct to Dec 2011

Time: Weekday TBA 7-9pm

Location: TBA

Fee: \$100 (sliding scale)

GROUP: Loss of Child

2hrs weekly, 10 wks

Start: Oct to Dec 2011

Time: Weekday TBA 7-9pm

Location: TBA

Fee: \$100 (sliding scale)

GROUP: Loss of Parent/Sibling/Friend

2hrs weekly, 8 wks

Start: Oct to Dec 2011

Time: Weekday TBA 7-9pm

Location: TBA

Fee: \$100 (sliding scale)

GROUP: Loss by Suicide

2hrs weekly, 9 wks

Start: Oct to Dec 2011

Time: Weekday TBA 7-9pm

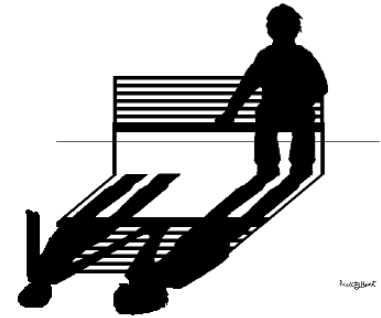
Location: TBA

Fee: \$100 (sliding scale)

Register by Sept 9 2011

All Groups are funded by:

**The Harold Crabtree
Foundation**



How our Groups Help:

Bereaved Families is a self-help, peer support organization. We encourage the sharing and expression of emotions and experience in small, peer support groups for children, teens and adults who are dealing with the death of a child, parent, sibling, friend or spouse/partner.

The groups are facilitated by trained grief facilitators who have also experienced the loss, and overseen by mental health professionals. They provide a secure and supportive environment to help individuals understand and express their grief.

To Register, call: 613-567-4278