

SUPPORT and SHARE NIGHT Program



Bereaved Families of Ontario - Ottawa Region Les Familles endeuillées de l'Ontario - Région d'Ottawa

308-211 Bronson Avenue,
Ottawa, Ontario K1R 6H5
(613) 567-4278

Charitable Donation Number
85343 2730 RR0001

Web site: www.bfo-ottawa.org
office@bfo-ottawa.org

Donate through our website with:



WHERE:

St. Timothy's Presbyterian Church
2400 Alta Vista Drive, Ottawa

Downstairs Hall

Watch for sign on side door entrance.

Convenient church parking lot

Wheelchair access

On bus route (Bus stop #8422 North and
#8423 South - Route 8 - For bus schedule,
phone 560 + your bus stop numbers.

The Presbyterian Church is just north of
Heron Road, on West side of Alta Vista
Drive -between lights at Heron Road and
Randall

WHEN:

The first Tuesday of each month, 7-9pm

This is a meeting time for families or
individuals who are experiencing the
overwhelming emotions related to grieving
a loved one. The first part of the evening is
the educational component with speakers or
videos pertaining to the process of grief and
loss. The second part will provide you an
opportunity to share, or just listen, with
others who have had a loss similar to your
own in a group setting.

The peer support groups include:

Loss of Spouse

Loss of Child

*Loss by Miscarriage/Baby born
still/Infant under 1 year*

Loss of Parent/Sibling/Friend

Loss by Suicide

There are no fees but donations are
welcome. People do not have to register
ahead of time for this event. First time
attendees are not required to speak in the
support groups if they find it difficult.
For more information call 613-567-4278.

*Bereaved Families, helping each
other through grief. We can help
the healing begin.*

Note: A francophone volunteer may be
available for a francophone group.

This service is offered to persons

15 years and over.