

Heal.

ANNUAL SPECIAL EVENTS

Held every May

BUTTERFLY RELEASE & WALK TO REMEMBER

Release a live butterfly in memory of a loved one at our special community memorial and fundraising event at Beechwood Cemetery, the National Cemetery of Canada. This event is open to the public. Pre-registration allows you an opportunity to purchase a butterfly for release at the event, in honour of your loved one.

The event begins in the afternoon with a memorial ceremony in the Sacred Space inside the Beechwood National Memorial Centre, featuring live soft music, an inspirational reading and speaking the names of loved ones who have passed. We then gather on the hill overlooking the garden and pond, to share a symbolic release of live 'painted lady' butterflies. Butterflies are a symbol of hope and transformation. Lastly, a memorial walk will take place giving individuals an opportunity to reflect and share memories as they enjoy the unique and exquisite grounds of Beechwood Cemetery.

Held every December

TREE OF LIFE CEREMONY:

A Community Ritual for People in Grief

A beautiful, comforting and inspiring ceremony for those whose lives have been touched by loss. Memorials provide an opportunity to experience connection, honour your loved one, and facilitate healing. This event is open to the public.

On-Line REGISTRATION REQUIRED for both events. See the Events page of our website for more information.



Grow.

ABOUT US

BFO Ottawa began in 1978 when two mothers came together through their common experience of having lost a child. Prior to that, each of the mothers was well supported - by friends and family, through working with a therapist, or with the support of a spiritual community. At a certain point, they each realized that what they needed was to meet another mother who had lost a child - to know whether it was possible to laugh again and to feel whole. These women formed the first peer support group for Loss of a Child.

At BFO Ottawa, grief is understood as the natural response to the death of a loved one, and that it's possible to not only heal but grow with the right support, information and creative opportunities to navigate the wilderness of grief according to our own needs and timeline.

Bereaved Families of Ontario OTTAWA REGION

303-211 Bronson Avenue, Ottawa ON K1R 6H5

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613.567.4278

office@bfo-ottawa.org

EVERYONE WELCOME

The Vision of Bereaved Families of Ontario - OTTAWA REGION is to inspire hope and transformation in people who are grieving the death of a loved one. Our goal is to create a compassionate community where everyone has access to support appropriate to their unique needs. The organization relies on program donations, personal donations, grants and corporate contributions to be able to offer its programs and services. Our programs and services are aimed to be affordable to all. Everyone is welcome regardless of ability to contribute financially.

BFO is a Registered Charity
Charitable # 85343 2730 RR0001

2017-02

Together.



Bereaved Families of Ontario
OTTAWA REGION

PROGRAMS AND EVENTS

"Grief is a solitary journey. No one but you knows how great the hurt is. No one but you can know the gaping hole left in your life when someone you know has died. And no one but you can mourn the silence that was once filled with laughter and song. It is the nature of love and death to touch every person in a totally unique way."

Comfort comes from knowing that people have made the same journey. And solace comes from understanding that others have learned to sing again."

Helen Steiner Rice



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ONGOING PROGRAMS

Programs run throughout the year and provide immediate support with no waiting list. No registration required.

“There was a lifting of a burden, lifting of isolation, and a gut-level understanding that these people knew how it felt. That was very emancipating.”

BFO peer group participant

MONTHLY

SUPPORT AND SHARE NIGHT PROGRAM

For over 35 years, this program has been supporting individuals and families who are navigating the unpredictable journey of grief. It provides an educational component and a peer support group component. Each month we begin with a guest speaker followed by an opportunity to connect with others in one of the 5 peer support groups that are led by our understanding and compassionate volunteers.

The 5 peer groups provided each month include: *Loss of Spouse, Loss of Child, Perinatal Loss, Loss of Parent/Sibling/Friend, and Loss by Suicide*

NO REGISTRATION REQUIRED

- 📅 1st Tuesday of every month, 7:00 pm to 9:00 pm
- 📍 2400 Alta Vista Drive, Lower Hall, St. Timothy's Presbyterian Church
- 💰 Suggested donation: \$10/person and \$20/family

WEEKLY

SUPPORT AND SHARE DAY PROGRAM

Our weekly peer support day program provides an immediate opportunity to connect and share with others who are journeying through the wilderness of grief. A peer support group, for all losses, is facilitated by trained volunteers who have also experienced grief and loss. Program continues all year round.

NO REGISTRATION REQUIRED

- 📅 Every Thursday, noon to 1:30 pm
- 📍 Bronson Centre - Room 303, 211 Bronson Avenue
- 💰 Suggested donation: \$10/person

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SEASONAL PROGRAMS

Seasonal programs are offered 2 times per year and require registration. Contact the office at 613.567.4278.

“While it may have felt intimidating to start, it was an amazing experience and journey into myself; a springboard to awareness, growth and optimism.”

BFO Loss by Suicide group participant

ADULT SEASONAL PROGRAMS

Every spring and fall we offer additional programming to support individuals through a deeper exploration of their grief experience. These programs run 8-10 wks, and provide a safe and supportive space to be in grief, to share and to listen; where those who've experienced a loss can connect with others who've experienced a similar loss. Peers help reduce the isolation that many people experience in grief and provide hope that healing is possible. Our peer support groups are facilitated by trained volunteers who've experienced loss, received support and want to help others heal.

Each of these programs require registration, and are limited in their size. Once registration is complete, the program becomes what we term a *closed* group for the duration of the 10 weeks.

Cost: These programs are run by a suggested donation. A receipt for income tax purposes is provided.

CLOSED PROGRAMS OFFERED:

- > Loss of Child
- > Loss of Parent/Sibling/Friend
- > Loss of Spouse
- > Loss by Suicide

Together.

CHILD/TEEN SEASONAL PROGRAMS

“My 2 sons were holding in a lot of grief and sadness; this has helped them both tremendously to start getting through their own grieving process”

BFO Parent/Youth Art Therapy participant

PARENT/YOUTH ART THERAPY FOR GRIEF

A peer program for children, teens and their parent or guardian, grieving the death of a loved one. Participants express and explore their feelings through various expressive art forms and relaxation techniques.

The objective of this program is to help children and teens learn about grief through the sharing of their feelings, thoughts and experiences with other peers. In separate groups, the adults have an opportunity to share and learn from their own peers about the family experience.

REGISTRATION IS REQUIRED for this program

TRAINING and EDUCATION

We provide quality 3-day training workshops for bereavement caregivers and grief education workshops for community groups. Our training programs combine experiential and classroom style learning based on the “companioning” approach to bereavement support.

“I feel anyone working in any capacity with grief and bereavement need attend.”

BFO 3 day training participant