



2018 Year in Review

September 23, 2019

Community impact



2000 people supported
6000 volunteer hours



120 support groups
3 memorial events

What we believe

As an organization we believe that no one should have to grieve alone. We are here to inspire hope and healing to people in our community who are grieving. We have the courage, knowledge and experience to share and explore grief, and to offer hope for the future.

Key accomplishments

BFO Ottawa is truly grateful to its many volunteers and supporters. It is because of you that we were able to offer the quality services we did in 2018. We estimate that volunteers contributed 6000 unpaid hours of their time to our organization this year, which is the equivalent of three full-time staff positions. That's pretty amazing!

The core of what we do is to help people in our community following a peer support model. Our trained facilitators have lived through similar losses. They actively encourage group participants to share their stories and help each other through the different stages of grief.

In 2018 we held more than 120 drop-in groups, through our support and share walks, days and nights, which were attended by more than 1300 participants. Through our different groups, we helped people with their grief stemming from many different types of losses: loss of a child, parent, spouse, sibling or friend, for perinatal loss and youth (high school age) as well as loss by suicide and through medical assistance in dying (MAiD). This last group was introduced for the first time in March 2018.

In the spring we held 5 different closed groups, which were attended by 45 adult participants who explored their grief more deeply together over 8-10 weeks. We helped 17 people through individual counselling. Our office staff provided ongoing support to many through emails, telephone support, inquiries and referrals.

Each year we hold two signature memorial events together with Beechwood, Canada's national cemetery. In May, more than 200 participants took part in our butterfly release. The ceremony took place inside Beechwoods sacred space, with participants then going outside to release

their painted butterflies in the botanical gardens. There were more than 110 people who joined us in our Tree of Life ceremony, which took place just before the holidays began, at a time when many people feel their grief more acutely.

In October 45 people attended our paint party in honour of perinatal and infant loss. Also in October, we were pleased to participate in the Ottawa launch of the new book “Always with me: Parents talk about the death of a child,” which was edited by one of our BFO parents; 7 others contributed a chapter in the book. It is our hope that this book will help others not just in Ottawa, but across Canada.

Partnering with others

We are continuing to deepen our partnerships with organizations in Ottawa that have a similar focus to ours: Beechwood, Bridge C-14, Champlain Hospice Palliative Care program: Leadership and Bereavement within the Community, City of Ottawa, Dying with Dignity, Good Companions, The Ottawa Hospital, The Royal Ottawa, and United Way. We were proud to participate in the Healing Broken Hearts Conference in Ottawa and to present to 100 Women who Care.

What lies ahead

In 2019, thanks to the funding support of the City of Ottawa, we will add two new support groups: one for loss by substance use/abuse and the other a francophone group that will be held in Orleans. We continue to work on strengthening our strategic partnerships in the community. In 2019 we welcomed new members to our Board of Directors and staff, both of which are growing. We are focused on securing the ongoing funding support we need to sustain our programs and services, and strengthen the capacity of our organization.

2018 Financials

Bereaved Families of Ontario - Ottawa Profit and Loss

Income	2018	2017
Government Funding and Foundations	\$ 19,000	\$ 10,800
Programs & Community Education	\$ 29,836	\$ 42,215
Event Fundraising	\$ 22,472	\$ 22,032
Total Income	\$ 71,308	\$ 75,047
Expenses		
Salaries	\$ 32,482	\$ 31,807
Consultants & Honorariums	\$ 16,268	\$ 7,947
Operations	\$ 22,396	\$ 19,980
Marketing and Outreach	\$ 2,163	\$ 2,913
Other Expenses & Fees	\$ 2,723	\$ 4,377
Total Expenses	\$ 76,032	\$ 67,025
Profit	-\$ 4,724	\$ 8,023

Bereaved Families of Ontario - Ottawa
Balance Sheet
As of December 31, 2018

Assets	2018	2017
Cash	\$ 64,599	\$ 71,170
Total Accounts Receivable	\$ 3,318	\$ 1,959
1600 Prepaid expenses	\$ 1,967	\$ 989
Total Assets	\$ 69,883	\$ 74,318
Liabilities and Equity		
Total Liabilities	\$ 4,500	\$ 4,211
Equity		
Opening Balance Equity	\$ 0	\$ 0
Retained Earnings	\$ 70,107	\$ 62,085
Profit for the year	-\$ 4,724	\$ 8,023
Total Equity	\$ 65,383	\$ 70,107
Total Liabilities and Equity	\$69,883	\$ 74,318