

# Bereaved Families of Ontario South Central Region

## Spring Newsletter 2017



### **Butterfly Release & Memorial Walk**

**Sunday June 11, 2017** at Hidden Valley Park, Burlington. Come join us with your family members and friends to honour a loved one during our butterfly release and memorial walk. Other activities to look forward to kid's fun activities, and you can purchase a hamburger or hot dog at our BBQ or bring your own picnic lunch and spend the day in Burlington's beautiful park.

**Purchase Butterflies** and individual **Memorial Walk signs** online at:

[www.ButterflyReleaseandWalk.eventbrite.c](http://www.ButterflyReleaseandWalk.eventbrite.ca)

[a](http://www.bfo-hamiltonburlington.on.ca) Pledge sheets for the Memorial Walk are on our website at [www.bfo-hamiltonburlington.on.ca](http://www.bfo-hamiltonburlington.on.ca) and go to *Events*.

For every \$500 dollars raised in pledges, you'll receive a deluxe keepsake with a picture of your loved one. Any questions please call Cathy at the office at (905) 318-0070.

**Memorial Walk signs & Butterfly Post attached**



### ***We are moving -***

*Bereaved Families of Ontario* main office location is moving. Our location will be different but our services will be the same. As of May 31, 2017, our new address will be *300 Fennell Ave. East, Suite B, Hamilton, ON L9A 1T2*. Our phone number will be the same (905) 318-0070.

### ***BFO library***

Will be moving to PX Dermody Funeral Home on East Ave, Hamilton.

This location is more easily accessible, just before the Hamilton downtown core, on the bus route, with lots of parking, directly accessible for grieving individuals and more hours of operation for those wishing to stop by to borrow a book or two.



# BFO Newsletter

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**New Programming** Bereaved Families of Ontario is dedicated to supporting children going through the loss of a loved one. We call this program TLC (Talk Listen Care) and is a support group that assists children aged 5-12 years during a difficult bereavement time. Parents/Caregivers accompany their children to the 9 week TLC group sessions. We are sensitive to the parents' loss and bereavement and provide them with support and tools to help their children during this time of healing. This support group of parents/caregivers is called Caregivers Supporting Children (CSC) and will give parents/caregivers the tools to support their grieving children during this difficult time and after the group ends.

BFO-South Central Region has provided TLC (Talk Listen Care) for children aged 5-12 years to help them through the loss of a loved one. Parent/caregivers are required to be present, but separate, during these groups sessions. We were determined not to let this opportunity to support parent/caregivers pass by so Christine Luna, Coordinator, Programs & Volunteers identified the need developed a concurrent program to help parents/caregivers understand what their children were going through and support them through their own grief. The overwhelming success of this unique program means we will be offering concurrent TLC for children and CSC (Caregivers Supporting Children) in the fall and are looking for volunteer facilitators. . **If you know of someone who might be interested in facilitating this CSC program**, give Christine a call at (905) 318-0070 or email [programming@bfo-hamiltonburlington.on.ca](mailto:programming@bfo-hamiltonburlington.on.ca) .



**Volunteer Spot Light** I want to give recognition and appreciation to Tammy Rosner, an amazing volunteer who gives her time and support selflessly. I have had the wonderful opportunity to work with her for the past 8 months where she has facilitated our TLC (Talk, Listen, Care) children's grief support group and Tammy is truly amazing with the children, she really listens to them and shows that she cares. Thank you, Tammy for giving your time freely to support grieving children, I enjoy working with you.

Tammy Rosner, she is a PhD student at McMaster University studying cognitive psychology. She has been a volunteer with BFO for 6 years as a facilitator for the Talk, Listen, Care children's group and has attended two of the Talk, Listen, Care family camp weekend. As someone who experienced grief at a young age, she understands the importance of children's bereavement groups to help children feel less alone in their grief. For that reason, she loves helping to facilitate the Talk, Listen, Care program, as she can truly understand the benefit of kids learning that grief is common and a normal part of life, rather than something that sets them apart from the rest of their peers.

Thank you again Tammy.

Christine Luna  
Co-ordinator, Programs & Volunteers