



## Bereaved Families ~ York Region ~

"proudly serving the community for **25** years"

### Bereaved Families of Ontario—York Region

**Mission:** To provide bereavement support by trained volunteers and staff to individuals and families grieving the death of a loved one.

**Vision:** To provide a lifeline to individuals and families grieving a death, by providing compassionate support in order to cope with their journey through grief.

## FALL 2017 NEWSLETTER

### TOP 10 FACEBOOK POSTS

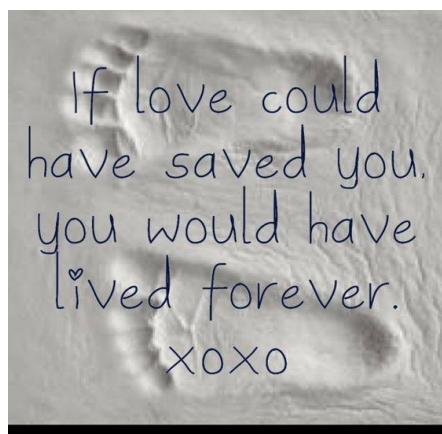
Go ahead and mention my child,  
The one that died you know.  
Don't worry about hurting me further.  
The depth of my pain doesn't show.

Don't worry about making me cry  
I'm already crying inside.  
Help me to heal by releasing  
The tears that I try to hide.

I'm hurt when you just keep silent,  
Pretending she didn't exist.  
I'd rather you mention my child,  
Knowing that she has been missed.

You ask me how I am doing.  
I say "pretty good" or "fine".  
But healing is something ongoing  
I feel it will take a lifetime.

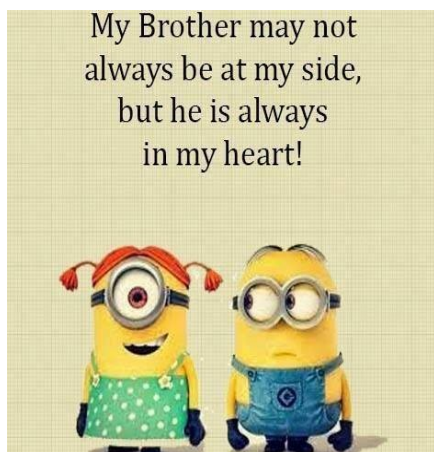
~Author Unknown~



### REMEMBER ME

Don't remember me with sadness,  
Don't remember me with tears,  
Remember all the laughter,  
We've shared throughout the years.  
Now I am contented

That my life it was worthwhile,  
Knowing that I passed along the way  
I made somebody smile.  
When you are walking down the street  
And you've got me on your mind,  
I'm walking in your footsteps  
Only half a step behind.  
So please don't be unhappy  
Just because I'm out of sight,  
Remember that I'm with you  
Each morning, noon and night.



My Brother may not  
always be at my side,  
but he is always  
in my heart!

### What's Inside



Loved and  
Remembered  
pg 4-6



Thanks to  
our  
volunteers  
pg. 6



Dates to  
Remember  
Calendar  
pg 8



Memory  
Tree of Light  
pg. 3

FOLLOW/LIKE US ON:



## TOP 10 FACEBOOK POSTS

you're going to **lose** people  
in your life and **realize**  
that no **matter** how much  
**time** you spent with them  
or how **often** you told  
them you **appreciated**  
them, it will **never** seem  
like it was **enough**.

Instead of ignoring loss and trauma,  
or moving quickly past them,  
we can choose to slow down,  
sit with each loss,  
examine it, and grieve it.  
It's better to sink in and experience  
it now, than to find yourself  
drowning years later  
in losses that had no voice.  
-Christina Hibbert, Psy.D.  
[www.drchristinahibbert.com](http://www.drchristinahibbert.com)

I'M EXHAUSTED  
FROM TRYING TO  
BE STRONGER  
THAN I FEEL



HEALTHYPLACE.COM

There are moments in life when you  
wish you could bring someone  
down from heaven.  
To spend the day  
with them just one  
more time, give  
them one more  
hug, kiss them  
goodbye or hear  
their voice again.  
One more chance to  
say I Love You!

**Share this in remembrance of  
someone who is not here.**



Words  
Alone  
Cannot  
Even  
Begin  
To  
Express  
Just  
How  
Much  
You  
Are  
Loved  
And  
Missed



### My Son, My Son

I don't know why.  
I'll never know why.  
I don't like it....  
I don't have to like it.  
What I do have to do is to make a choice about my  
living.  
The choice is mine.  
I can go on living, valuing every moment  
  
in a way I never did before,  
Or I can be destroyed by it and in turn, destroy others.  
I thought I was immortal.  
That my family and my children were also.  
That tragedy happened only to others.  
But I know now that life is tenuous and valuable.  
So I am choosing to go on living,  
making the most of the time I have.  
Valuing my family and friends in a way  
never possible before.

By Iris Bolton



Name: \_\_\_\_\_

Where you live: \_\_\_\_\_

Monthly Donation: \$ \_\_\_\_\_

Address: \_\_\_\_\_

Donate online:  
<https://www.canadahelps.org/en/charities/bereaved-families-of-ontario-york-region/>

City/Town: \_\_\_\_\_

One Time Donation: \$ \_\_\_\_\_

Postal Code: \_\_\_\_\_

Method of Payment

Phone Number: ( ) \_\_\_\_\_

( ) Visa ( ) Mastercard ( ) Cheque ( ) Cash

Email: \_\_\_\_\_

Name on card: \_\_\_\_\_

☐ Yes, I want to be on the BFOYR email listing

Credit Card #: \_\_\_\_\_

In memory of: \_\_\_\_\_

Expiry Date: \_\_\_\_ / \_\_\_\_

How many people in your party will be attending? \_\_\_\_  
**Do you need any accessible parking and/or physical assistance?**  
**Please explain:**  
 \_\_\_\_\_

**Return the form:**

Email: [bfoyr\\_program@bellnet.ca](mailto:bfoyr_program@bellnet.ca)  
 Website: [www.bfo-yorkregion.com](http://www.bfo-yorkregion.com)  
 Tel: 905-898-6265 or 1-800-969-6904  
 17070 Yonge St., Suite 203  
 Newmarket, ON L3Y 8Z4





# 10th ANNUAL MEMORIAL BUTTERFLY RELEASE

Thank you to all of our sponsors, volunteers and participants who made our 10th Annual Butterfly Release such a beautiful event! Over 275 Butterflies were released. Families, friends, individuals and representatives from across York Region attended this year to honour and remember loved ones.

THANK YOU TO THE FOLLOWING SPONSORS FOR THEIR GENEROSITY & CARE:

## GOLD SPONSOR:



The MacMillan Family



**THANK YOU TO:** The Optimist Club of Aurora ~ Picnic in the Park, Amazing Grace ~ Performed by Sgt. Grant Rutherford~ York Regional Police Piper , Performing Artists: Jackolin Hopkins and Steve Sture, National Anthem: Rick Koury  
**Thank you to our volunteers:** Brenda, Elisabeth, Anne, Jodi, Ghislaine, Nancy, Kyle, Colby, Vaselle,  
**Thank you to all of the readers (Shannon Fletcher, Julie Playter, Superintendent Michael Slack-York Region Police, Deputy Fire Chief, Rocco Volpe, Rick Koury) our emcee: Wes Playter .Thank you to the Town of Newmarket Recreation Department, Regional Councillor John Taylor, Mayor Tony Van Bynen, Rev. Mary Pataki and our inspirational speaker Vaselle Covelli**

## Walking With Grief.

We are doing well with our grief when we are grieving.  
 Somehow we have it backwards.  
 We think people are doing well when they aren't crying.  
 Grief is a process of walking towards some painful periods towards learning to cope again.  
 We do not walk this path without pain and tears.  
 When we are most in pain,  
 We are making progress.

When pain is less,  
 We are coasting and resting up for the next steps.  
 People need to grieve.  
 Grief is not an enemy to be avoided;  
 It is a healing path to be walked.

~From Hope line Newsletter—August 2002~

## VOLUNTEER APPRECIATION

**Cheers for our volunteers: 1:1 initial meetings:** Gwen B, Mary P, Fionagh H, Ken B,  
**Co-Facilitators:** Janine E, Fionagh H, Peter W, Dalit C, Monika L, Vaselle C, Deborah R-L, Maria, M  
**PAC Members:** Bev Ogus, Goldi Barac, Sean McCloskey  
**Board Members:** Cathy Chouinard, Jodi Munroe, Joanne Jonovich , Wes Playter, Terri Hardy, Nancy DalCin, Phil Shessel  
**Bingo:** Carlene, Kathleen, Diana, Gordon, Rena, Karen, Brad, Sarah, Michael

**WE** **VOLUNTEERS**

# DATES TO REMEMBER CALENDAR

## **\* MARK YOUR CALENDARS \***

### **SAVE**

### **Memory Tree of Light Remember the DATE Service**

*Pickering College in Newmarket*

*Wednesday, December 6th, 2017*

Registration: 6-7 PM ~ **Please call the office to register by November 29th**

Ceremony and Refreshments: 7-9pm

Pickering College ~ Newmarket, On

### **WORLDWIDE CANDLELIGHTING DAY ~ The Compassionate Friends**

Please call the office to register and to include your loved one's name in the program.

Participate in this event by lighting a candle for all of the children that have died...that their light may always shine. *Sunday, December 10, 2017 - 7pm*. For more information visit [www.compassionatefriends.org](http://www.compassionatefriends.org)

Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

### **Help for the Holidays Support Sessions in December**

*Please join us for the Help for the Holidays support session. Please RSVP for any sessions you wish to attend.*

**MEMORY WRITING: Saturday, December 2: 1pm—3pm:** Families come honor and remember loved ones by creating a wreath. Must attend sessions during the day. **Support Sessions in the evening:**



**Annual Purse Auction & Jewellery Party: TBD: April 2018**

**WE THE DATE\*\*\*\***

**5th Annual Golf Tournament to follow**

**BA for June 2018**



**EBOOK and TWITTER!** Please join us by searching of York Region!

**facebook**

Bereaved Families of Ontario—York Region respects your privacy. We protect your personal information and adhere to all legal requirements with respect to protecting your privacy. We do not rent, sell or trade our mailing lists or other personal information. We use your personal information to assist us in providing you with appropriate services, and to keep you up-to-date on the activities of BFOYR, including programs, services, special events, funding needs, opportunities to volunteer.

If at any time you wish to be removed from any of these contacts, please advise us by telephone at 905-898-6265 or via e-mail at [bfoyr\\_program@bellnet.ca](mailto:bfoyr_program@bellnet.ca) and we will gladly accommodate your request.

#### **In The Community:**

Part of BFOYR's mandate is to provide public education about bereavement issues, and to sensitize the community to the needs of the bereaved. Staff and volunteers are available for presentations and workshops for adults, children and teens on a variety of topics.

Bereaved Families of Ontario, York Region  
An Association of Families who have lost a loved one through death

Suite #203, 17070 Yonge St.

Newmarket ON L3Y 8Z4

Phone: 905-898-6265; toll free 1-800-969-6904

**Bereavement Support, Christine Goguen:**

**[bfoyr\\_program@bellnet.ca](mailto:bfoyr_program@bellnet.ca)**

**Website: [www.bfo-yorkregion.com](http://www.bfo-yorkregion.com)**

Office Hours:

Mon-Fri: 9am-4PM

Evening appointments are available on request.