

## When a spouse or Partner Dies...

The death of a loved one impacts you emotionally, physically, cognitively, behaviourally and spiritually. There are similar reactions and unique challenges with each different loss.

The death of a spouse or partner brings unique challenges. You have lost your spouse/partner but also the role they played within your relationship and your daily routine. You may need to learn or relearn new skills and daily tasks.

Though it seems impossible to live without your spouse/partner there is a path to healing. Dealing with your loss involves thinking, processing, remembering and releasing your thoughts and feelings.

Often we do not understand what is happening to us and our relationships with those around us may be impacted. Even friends and relatives, who care deeply for us may not understand our emotions and reactions.

Children and youth also experience many of the same feelings and symptoms as we do but are less able to identify or cope with them. Our children and youth, often called the forgotten mourners, need our support too.



## We offer support groups for:

Loss of a Child  
Adult Loss  
Children's Group  
Youth Group  
Loss of a Spouse/Partner

### As well as:

All services are free and available to individuals who have lost a loved one to through a death, including a traumatic death, homicide or suicide.

Support Sessions  
Lending Library  
Individual Support  
Professional Referrals  
Quarterly Newsletter  
Information Packages  
Face book postings on grief/bereavement  
Community Education/Presentations

**April:** Purse Auction & Jewellery Party

**June:** Forget-Me-Not- Golf Tournament

**September:** Memorial Butterfly Release

**December:** Memory Tree of Light Remembrance Service

### Inquire about:

In Memoriam/ Make a Donation  
Become a Volunteer  
Fundraise & Host an event for BFOYR

Bereaved Families of Ontario ~ York Region  
17070 Yonge Street Suite #203  
Newmarket ON., L3Y 8Z4  
Telephone: 905-898-6265/1-800-969-6904  
E-Mail: [bfoyr\\_program@bellnet.ca](mailto:bfoyr_program@bellnet.ca)

Taxation Charity Registration  
# 86570 3318 RR0001

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



## Bereaved Families of Ontario ~ York Region ~

*An association of families and individuals who have lost a loved one through death.*

### “When a Spouse or Partner Dies”

*“We are the bereaved helping the bereaved in learning to live with their grief.....together we can help the healing begin”*

Serving:  
Markham, Richmond Hill, Aurora  
Whitchurch/Stouffville, King, Newmarket,  
East Gwillimbury, Georgina, Vaughan,  
South Simcoe and surrounding communities.

Bereaved Families of Ontario -  
York Region



## ***We are here to listen and support***

**Mission Statement:** Bereaved Families of Ontario, York Region (BFOYR) provides bereavement support services by trained volunteers and staff to individuals and families grieving the death of a loved one.

**Vision:** BFOYR provides a lifeline to individuals and families grieving a death by providing compassionate support in order to cope with their journey through grief. We all experience the death of a loved one and BFOYR is committed to increase awareness in our community through education in the death, grief and bereavement.

### **BFOYR, provides the following services:**

- lending library
- telephone support
- referrals to Counsellors and therapists
- information package (adults – children – youth)
- initial 1 on 1 (this is pre-requisite to a group)
- support sessions (for adults)
- bereavement support groups (children, youth – "Missing Pieces", adult loss, spousal/partner loss, loss of a child)
- events to honour and remember our loved ones (Memory Tree of Light Remembrance Service in December and Annual Memorial Butterfly Release in September)
- quarterly newsletter
- Face book postings daily on grief/bereavement
- Community education/presentation

**Individuals and Families access BFOYR for bereavement support over 5, 000 times in a year. This is at no cost to the bereaved. Your financial contribution is critical to run our services. We receive no money from any level of government. You can donate in honour/memory of a loved one or in support of a program of your choice.**

## ***You may experience...***

- anger
- guilt
- relief
- deep sadness
- appetite changes
- forgetfulness
- sleep disturbance
- envy
- shock
- hopelessness
- fatigue
- lack of motivation
- fears
- preoccupation
- unable to concentrate
- loneliness

### **Truths to Remember...**

- everyone's grief journey is unique
- if you work through your grief it will get better
- you will experience grief bursts or triggers throughout your lifetime
- you do not "get over" your loss but you learn to cope with it

### **Helpful Hints...**

- take one day/hour/minute at a time
- simplify any task. Break it down into small steps
- be kind to yourself – try to use 5 min stress relievers daily
- eat several small healthy snacks during the day
- find a way to express your thoughts and feelings ie. talking, writing, creative outlets, building
- identify friends and family who can support you in different ways i.e. errands, house work, to-do items talking etc.
- carry calendar/task book to record everything

## ***Resources that might help***

### **Books**

Living and Working with Bereavement: A Guide for Widowed Men and Women  
*Palmer and Watts*

Beginnings: A book for Widows  
*Betty Jane Wylie*

Widow  
*Lynn Caine*

Widow to Widow  
*Phyllis Silverman*

Widower: When Men Are Left Alone  
*Campbell and Silverman*

Men and Grief: A Guide for Men Surviving the Death of a Loved One  
*Carol Staudacher*

