

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.



Summer 2018 Newsletter

11th Annual Memorial Butterfly Release



Fairy Lake Park, Newmarket

Hundreds of **Monarch Butterflies** will be released at this meaningful event, which helps **express our sorrow** for the loss of our loved ones and to **celebrate**, as well as honour, **their memory**

When

Saturday, September 15, 2018

Registration

9:00 AM

Ceremony

10:00 AM

Price

Single butterflies: \$30 each

Packages (3 per pkg) \$80 each

Deadline to Order

September 1st, 2018

What's Inside?



4- Thank
you to
golf tour-
nament



5- Thank
you to
purse
party



6- Dates to
Remember
& Summer
Support
Sessions



Helpful Apps When You Are Grieving



Pinterest

An app that helps you discover everything from recipes to stress relievers

Examples

- 5 ingredient meals
- 20 minute recipes
- Meditation activities
- 10 minute physical activity exercises



Calm

An app for mindfulness and meditation to bring more clarity, joy, and peace to your daily life

Includes

- Guided meditation
- Sleep stories and sounds
- Breathing programs
- Relaxing music



Pigment

Colouring has been shown to reduce stress and anxiety. The app allows you to choose from hundreds of colouring pages with 24 virtual colouring pencils



OverDrive

An app that allows you to borrow e-Books, audio books, and stream videos from your local public library



Jigsaw Puzzle

An app that has hundreds of puzzles for all ages and difficulty levels



Calendar

The app on your phone allows you to set reminders on upcoming events/ tasks (hours, days, or weeks before), allows you to create a to-do list, and set alarms



Mobile Banking

An app that allows you to pay bills, check your account balances, deposit cheques, set reminders to pay bills, and transfer money on the go



Top 5 Facebook Posts from the months of April, May, and June

Sometimes, loved ones may say something that you find hurtful or their timing is very bad. For example: "You will get over it.", "They are in a better place.", "They lived a good life.", "Be thankful for the time you had." or "You can have another child or you still have another child.". At these times, it is helpful to remember that most people have the best intentions and do not mean to hurt you. They just may not know what is best to say.

It's Up to You

One song can spark a moment,
One flower can wake the dream.
One tree can start a forest,
One bird can herald spring.
One smile begins a friendship,
One handclasp lifts a soul.
One star can guide a ship at sea,
One word can frame the goal.
One vote can change a nation,
One sunbeam lights a room.
One candle wipes out darkness,
One laugh will conquer gloom.
One step must start each journey,
One word must start each prayer.
One hope will raise our spirits,
One touch can show you care.
One voice can speak with wisdom,
One heart can know what's true,
One life can make the difference,
You see, it's up to you!
Author Unknown

Be patient with your friend or family member. Grief work takes time and is a process. Don't take anything personal. Your grieving friend is doing the best they can right now. Meet them where they are at, not where you want them to be right now.

Ask your grieving friend or family member what you can help with: makes some meals for them, paperwork, housework, help with the kids, just listen, making calls to find out about grief resources in their community, do a stress reliever with them etc.

Ten Quick Tips for Instant Stress Relief

1. Sit or lie down, close your eyes, and take 10 deep breaths.
2. Stretch for 5 minutes. Pay extra attention to your shoulders, neck, and hamstrings.
3. Walk around the block a few times.
4. Buy fresh flowers for your home and put them where you'll see them most often.
5. Sit quietly and focus on your breath or listen to relaxing music for 5-10 minutes. Light a candle if you have one.
6. Watch a funny cat video on YouTube.
7. Call, text, or email a friend to set up a coffee date.
8. Send your partner a cute text.
9. Read a book for 10 minutes.
10. Take a bath or shower with your favorite products. If you don't have any bath products you're excited about, buy or make some. (Try Trader Joe's lavender salt scrub for a great inexpensive option.)

Catherine Zurborg, Inc. 2013

Thank You!
Thank You!

VOLUNTEER APPRECIATION

Cheers for our volunteers: 1:1 initial meetings: Peter Wong,
Co-Facilitators: Jody Allison, Deborah Rotta-Loria, Janine Elliott, Bill Tassie, Nancy Guan, Anne Jones, Laura Vieni, Peter Wong, Fiona Halwig
Board Members: Joanne Jonovich, Wes Playter, Nancy DalCin, Phil Shessel, Vern Cunningham, Susan Pratt, Jackolin Hopkins
Bingo: Carlene, Kathleen, Diana, Gordon, Rena, Karen, Brad, Sarah, Michael
Booth/Office Volunteers: Anne Jones, Janine Elliott, Anne-Marie Theberge, Nicole McConnel, Jodi Overbeek

FACILITATOR TRAINING IN THE FALL OF 2018

GIVE BACK TO THE COMMUNITY AND OTHERS WHO ARE GRIEVING! Bereaved Families of York Region is unique in the community in that all direct support volunteers have had their own loss, have done some of their own grief work and then complete our 30 hour Facilitator Training. With the help of our volunteers we can provide all of our direct support services to children, youth and adults in York Region who are grieving the death of a loved one.

Please contact Christine at the office at 905-898-6265/1-800-969-6904 for more information.



**Thank You To Our 2018 Golfers,
Donors, Sponsors,
and Volunteers**

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Ventilation Maximum

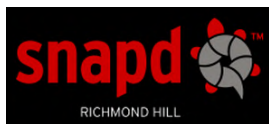
S.J.B Bookkeeping & Accounting Inc.

Dixon Garland Funeral Home

Thank you to: Joanne Jonovich, Wes Playter, Phil Shessel, Nancy DalCin, Vern Cunningham, Susan Pratt, Jackson Hopkins, Brenda Eng, Jody Allison, Patrick O'Neil, Jodi Overbeek

**Thank You To Our 2018 Attendees, Donors, Volunteers,
Special Guests, Vendors, and Sponsors**

Diamond Sponsors



Silver Sponsors

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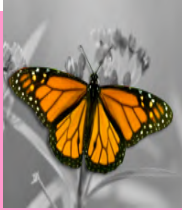
Gift-in-Kind Sponsors

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Baking Up Treble

Thank you to: Joanne Witt, Nancy DalCin, Wes
Playter, Phil Shessel, Joanne Jonovich , Mayra Perea,
Jody Allison, Jackolin Hopkins, Susan Pratt, Vern Cun-
ningham, Brenda Eng, Elisabeth Hempen, Gregg
Davey, Jodi Overbeek

DATES TO REMEMBER

MARK YOUR CALENDARS



11th Annual Butterfly Release

Saturday, September 15, 2018

Fairy Lake

Newmarket, Ontario

9:00 am Registration begins ~ Ceremony begins at 10:00 am

REGISTRATION OPEN NOW! -Closes on September 1st

Summer support sessions~ please call to register

JULY EVENING SESSIONS:

AUGUST EVENING SESSIONS:

Thursday, July 12th, 2018 –7:00 to 9:00 PM: Open Discussion	Thursday, August 2nd, 2018 –7:00 to 9:00 PM: Taking Care of Yourself & Practical Day-to-Day Strategies
Thursday, July 19th, 2018 –7:00 to 9:00 PM: How Grief Impacts You?	Thursday, August 9th, 2018 –7:00 to 9:00 PM: How to Get The Support You Need
Thursday, July 26th, 2018 –7:00 to 9:00 PM: How To Work Through Your Grief	Thursday, August 16th, 2018 –7:00 to 9:00 PM: Honouring & Remembering Our Loved Ones
	Thursday, August 23rd, 2018 –7:00 to 9:00 PM: Grief After the First Year
	Thursday, August 30th, 2018 –7:00 to 9:00 PM: Special Occasions: How to Cope?
<u>JULY DAYTIME SESSION:</u>	<u>AUGUST DAYTIME SESSION:</u>
Monday, July 16th, 2018 –1:00 to 3:00 PM :Open Discussion	Monday, August 13th, 2018 –10:00 AM to 12:00 PM :Open Discussion

Facilitator Training for Fall 2018

Volunteer to help with 1 on 1's, co-facilitate support sessions and groups. If you have had a

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 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 and we will gladly accommodate your request.

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
Executive Director/Bereavement Support, Christine Goguen: bfoyr_program@bellnet.ca
Fundraising Event Coordinator, Holly Pitrowski: Bfoyr.events@gmail.com
Website: www.bfo-yorkregion.com
Office Hours:
Monday-Friday 9am-4

Evening appointments are available on request.

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