

Bereaved Families of Ontario Midwestern Region

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Parenting the Grieving Child

OCTOBER / NOVEMBER / DECEMBER

How do you help your child when he/she is grieving? How do they comprehend death? What does grief look like for them? When do they need extra support?

Parenting Your Grieving Child is an educational evening for parents who are raising children who have experienced the death of a loved one. Frank Ripplinger, registered and certified Early Childhood Educator and graduate of intergenerational trauma treatment model will explain what children perceive of death, associated behaviours, what parents have experienced in this process and what are some of the warning signs indicating a child needs more support perhaps outside of the family unit. Donations Accepted at the door. Limited space available. Please call Bereaved Families at 519-603-0196 to register

When: Thursday October 21, 2010 7pm-9pm

Where: Doon Heritage Crossroads Museum 10 Huron Road Kitchener ON

Executive Directors Message

Autumn has always been a season of significance. Perhaps it is the cooler crisp air, the sound of rustling leaves, or the magnificent display of fall colours. Whatever it may be, change in the autumn months is constant. For Bereaved Families of Midwestern Ontario, 2010 has been no exception to change. In January we relocated from a palliative care setting to a new supportive office space within Cardinal Counselling. For the first time in our 14 year history, BFO has a location sign of our own. We introduced a new program coordinator and said farewell and good luck to an extremely talented Executive Director.

With the strength of our volunteers, members, staff, and Board of Directors, we have been able to move through these changes with perseverance, open minds and hearts for the future.

Plans are underway to make 2011 just as successful and rewarding as 2010. In the spring, we will be launching our Grandparent Support Group for grandparents who have experienced the death of their grandchild. Our conference committee is planning our 2011 education conference entitled Understanding Masculine Grief, with keynote speaker Tom Golden, author of "Swallowed by a Snake".

The Board of Directors and staff would like to thank everyone involved in making 2010 a success and we are looking forward to the new year.

Rose Greensides,
Executive Director

Open House and Raffle

Bereaved Families would like to thank everyone who came out to our Open House on Saturday August 28, 2010. The day was a great success with cake and coffee for all.

Linda Nagel of Candle Power was on hand to give members a sneak peak at our new activity for the reunion groups. Congratulations go out to **Mr. Dean Kirby** of Kitchener who won the WestJet tickets!

A special thank you to all those members who assisted in selling raffle tickets. With your help, we raised close to **\$6,400** for our upcoming support programs and services. It was a great fundraising event for Bereaved Families and we hope to do it again.

Happy News!



Liska Curlew and Joey Benton are proud to announce the safe arrival of their little girl. **August Rose** was born August 25, 2010 and weighed 7 pounds, 13oz. August is watched over by big brother Joey in heaven.



Message from Melissa

I would just like to say thank you to all of the wonderful people that I have met, supported, worked with, and come to know as a part of my community here at BFO. The past eight years at Bereaved Families has been an important part of my own journey in grief and one that has set me on the path that now includes my return to school.

Although this next step will be a positive and rewarding one for me it is also one that is bittersweet. I have loved working at Bereaved Families and I feel that this organization is moving into a very important and bright future. My return to school will only change my employment status at Bereaved Families I will never be far away. Look for me at events and fundraisers, come and say hi, this organization remains dear to my heart.

Again, many thanks to the Board of Directors, the Programming Advisory Committee, our facilitators and all the members of BFO, you have made this organization the special place that it is today. A very important thank you is needed for Rose and Laura who helped to make this transition both positive and supported for me.

Melissa Lambert



Mark Your Calendars:

Parenting The Grieving Child
Tree of Bright Stars
Curling Bonspiel
Annual BFO Conference
Golf Tournament

Thursday, October 21, 2010
Friday, November 26, 2010
Saturday, January 15, 2011
Thursday, April 14, 2011
Saturday, June 4, 2011



Programming & Support Groups



Limited space available.

Parents Grieving the Death of a Baby

This is a closed support group for parents who have experienced the death of a child during pregnancy, as an infant or up to and including the age of two years. Please call the office to pre-register for the spring group.

Parents Grieving the Death of a Child

This is a closed group for parents who have experienced the death of a child from age three to adult. Please call the office to pre-register for the spring group.

Widow/Widower with Dependent Children

This is a closed group for widows or widowers raising young children at home. Please call the office to pre-register for the spring group.

Healing Little Hearts

This is a closed group for preschoolers (ages 3-6) and their caregivers. This group will focus on helping children understand, cope with feelings of loss and find a renewed sense of happiness, through stories, art and creative play. At the same time an education group for the caregivers will run to provide information on the way children grieve and helpful tips in assisting children to express themselves and work through the grief. Please contact the office to register. The group will start when registration is full.

Subsequent Pregnancy after Loss

This is an open group for parents who are pregnant following the death of an infant or child. Please note that this group meets in person, by telephone and by email and that this is an ongoing group that only runs when there are enough people to sustain a group. Please contact the office to register.

Grandparents Grieving the Death of a Grandchild

This is a closed group for grandparents who have experienced the death of a grandchild. Please call the office to pre-register for the spring group.

Growing Through Grief

This is an open educational group for adults grieving the death of a loved one. The group runs for 5 weeks and each night touches on a different topic related to the experience of grief. The topics are as follows: Grief is never simple; Defining your grief; Self-empowerment; Coping with relationships; Coping with special days and Holding on and letting go. Participants are welcome to share during the presentations but will not be required or expected to. Please call the office to pre-register for the spring group.

Understanding Grief

This is a one hour information session designed to give participants an overview on what grief is, how grief affects individuals and families, coping strategies and how to be a supportive person in light of grief. This presentation is ideal for volunteer organizations dealing with crisis or support. Please contact the office to schedule.

Grief in the Workplace

This one hour lunch and learn program is designed for the workplace to help employees identify grief in themselves or a co-worker, explain how grief impacts a person, equip participants with strategies to help support a co-worker and normalize the difficulty when faced with grief. Please contact the office to schedule.

These groups are typically held at the BFO Office. Please note our new office location in Belmont Village at 678 Belmont Ave W Suite 103, Kitchener, Ont.

There is no fee to participate. For more information or to register, contact BFO at 519-603-0196 or email support@bfomidwest.org

Recognizing Our On Going Supporters

Funeral Homes

[Erb and Good Family Funeral Home](#),
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Handling the Holidays



Even though no one can take away all of your pain and struggle, there are things you can do to help make this time of year less stressful:

1. Since you cannot skip the holidays, face them squarely and make plans that you know you can do and that make you comfortable.
2. Focus on this holiday first. Don't look forward to all the holidays to come. Adding pressure to this holiday by worrying about the other special days, is added stress you do not need.
3. Think about ways to honour the memory of your loved one during the holiday. Whether it is beginning a new tradition or carrying on an old one, make your loved one a part of your celebration.



4. There are always unrealistic expectations during the holidays. Recognize what these expectations are and in doing that you can decide what you can or cannot do. Accept what is normal for you.

5. Take care of yourself. Holidays usually mean extra fatigue, drinking, partying and visiting. By making yourself a priority you will partake in festivities that you have the energy for and let the other activities wait for another year.

6. Remember that you are grieving. You will feel joy, pain and bittersweet memories. Let them come.



7. Plan ahead. Make lists, put events on the calendar, have escape plans. Take advantage of your good days.

8. Let yourself cry when you need to. You will not ruin the holiday for yourself or for others. Do what comes naturally for you. Holding in your emotions can be destructive.

9. It may be helpful to set limits. Let others know what you need and how they can best help you. Don't be forced into doing something because someone else thinks that you should.

10. Give yourself permission to have joyful times as well as mournful times. They are normal, not a betrayal.

11. Discuss your holiday plans with your family. Decide what to keep, what to change and what to discard. Make your goals small. Don't over-commit yourself. Take it slow and easy.

12. Go over your plans. Why are you doing them? For you or for someone else?

13. Do something for someone else. Even though you are feeling sad because of your loved ones death, reaching out to others can often bring you a certain holiday peace





Tree of Bright Stars

Bereaved Families of Ontario - Midwestern Region invites you to dedicate a star in memory of your loved one this holiday season.

Join us for our annual non religious dedication ceremony and place your memorial star on the Tree of Bright Stars. The event will take place on **November 26th at 7pm, at Grandview Baptist Church. Doors will open at 6:15pm.** Personalized stained glass stars will be created by the Brain Injury Association of Waterloo Wellington.

Star requests must be received by **November 12th, 2010.** Free day care will be available if needed. Please indicate age of children on the tree brochure. Please download an order form and send it to: 678 Belmont Ave W Suite 103 Kitchener, Ontario N2M 1N6 Fax 519-603-0198



Community Support Groups

"Amongst Friends" at the Henry Walser Funeral Home

For information on the fall and spring groups, please contact Henry Walser Funeral Home at 519-749-8467.

"People Needing People" at the Erb & Good Funeral Home

"Good Grief for Kids/Teens"

This 6 week group is for kids/teens who are grieving the death of a significant person in their lives. We use art, music, stories and co-operative activities as tools to incorporate and manage feelings.

"Why?...." Support after suicide

This 9 week closed group is specifically designed for individuals who are facing the unique challenge of traumatic grief after a family member or friend has died by suicide.

"Grieving the Death of Someone Special"

These 8 week closed groups are for adults who are grieving the death of a parent, a spouse, a sibling, a friend or partner. Support and education are the empowering themes for these groups.

For more information about the above groups please call Dena at (519)745-2195.

"Living With Loss" in Kitchener has moved. Look for it at its new location, the Ratz Bechtel Family Centre, 621 King Street West, Kitchener. It will continue to run the first and third Tuesdays of each month 7 p.m. to 9 p.m. from September to June.

Bereavement Walking Group

Contact Hospice Waterloo Region at 519-743-4114 for more information about dates, times & location.



Loved Ones Remembered - October, November & December

Grant Taylor

October 1st 1999

Remembered by his parents Norma & Mark & his brother Paul

Amy Quesnelle

October 1st 2007

Remembered by John, Mathew, Scott & Sydney

Rick Pinczuk

October 1st 2008

Remembered by his wife Carol and daughters, Eleah, Natasha and Larissa

Bob Warren

October 2nd 2009

Remembered by family and friends

Grace Noble

October 5th 2005

Remembered by her parents Nancy & Dan & sister Ivory

Anna Lembo

October 7th 2002

Remembered by Tina, Steve, Joseph & Jacob Butterworth.

Steven Schekleski

October 7th 2007

Remembered by wife Tracey, and daughter Mackenzie

Justin Coulas

October 8th 1998

Remembered by their father Volker & brother Trevor

Kayla Coulas

October 8th 1998

Remembered by their father Volker & brother Trevor

Alan Kalbhenn

October 8th 2004

Remembered by his parents Patty & Richard & sister Rebecca

Syed Mehdi

October 11th 1999

Remembered by his parents & brothers Raza & Murtaza

Russell Warren

October 11th 2009

Remembered by family and friends

Autumn Frigault

October 13th 2004

Remembered by his parents Denis & Cindy & siblings Samuel & Alyssa, with his siblings Bianca & Lucas in Heaven.

Stella Vasquez

October 14th 2009

Remembered by parents Roberto and Elizabeth

Steven Gaigne

October 14th 2009

Remembered by Mom, Tigger and Jackie

Joelle McDonald

October 14th 2009

Remembered by her parents Raymond & Lori

Vladimir Doroslovac

October 15th 1997

Remembered by his parents Dejan & Andjelka & sister Dijana

Meagan Tomlinson

October 15th 2002

Remembered by her Gran and Aunt She-she

Meagan Tomlinson

October 15th 2002

Remembered by her parents Pauline & Gary & brother Jonathan

Olivia Hart

October 15th 2007

Remembered by parents Carla and Scott

Declan Voisin

October 15th 2007

Remembered by Parents Shevaun and Steve

Madison Lamorea

October 16th 2008

Remembered by her parents

Andrew Uhrig

October 18th 2003

Remembered by family and friends

Seth Dowling

October 18th 2008

Remembered by his parents, Michelle and Duane and his sister Victoria and brothers Joel and Gregory

Caroline Brohman

October 21st 1993

Remembered by her parents Charles & Mary & siblings Kate & Ted

Evangeline Hunt

October 21st 2005

Remembered by their parents Marie-Claude & Joe



Loved Ones Remembered - October, November & December

Aidan Thorne

October 22nd 2004

Remembered by his parents Yvette & Damian & sister Devon

Debbie Mashinter

October 22nd 2007

Remembered by sister Darlene

Tracey Saunders

October 23rd 1993

Remembered by her mom Colleen & brother Michael

Curtis Shwaluk

October 23rd 2003

Remembered by his parents Vivian & Chris & sister Katrina

Evann Hunt

October 24th 2005

Remembered by their parents Marie-Claude & Joe

Laura Kok

October 26th 2006

Remembered by family and friends

Jeremy Janzen

October 28th 1993

Remembered by his father Peter & sister Heidi. With his mother Joan in heaven

Robert Hattle

October 29th 1998

Remembered by his mother Lori. With his father Rob in heaven.

Kevin Largey

October 30th 1997

Remembered by his parents John & Alice & sister Michelle. With his brother Bryan in heaven.

Ryan Kurmis

October 31st 1998

Remembered by his parents Wendy & Ed & his sister Courtney

Zachary Zyta

October 31st 2006

Remembered by parents Louise and Dave along with siblings Nicholas, Tyler, Erinn and Cooper

Robert Martin

October 31st 2008

Remembered by his wife Dorothy and his family.

Brayden Snider

October/31/2009

Remembered by his Mom and Dad

Brett Snider

October 31st 2009

Remembered by his Mom and Dad

Kelly Dokis

November 1st 2001

Remembered by his wife Cindy & son Nathan

Lee Paget

November 1st 2007

Remembered by wife Georgia and children E.J, Gabriel, Jesse, Jamie and Heather

Trevor Garside

November 2nd 1995

Remembered by his parents Mike & Darlene & brothers Tyler, Thomas, Timothy & Tate

Ellen Bradshaw

November 2nd 1998

Remembered by her parents Cynthia & Keith & brothers Matthew & Justin

Ashley Storer

November 2nd 1999

Remembered by her parents Janet & Paul Storer

Oney Davis

November 2nd 2002

Remembered by her mother Leslie

John Bailey

November 3rd 1996

Remembered by his wife Heather

Behishta Attayi

November 3rd 2009

Remembered by Mom and Dad

Behisht Attayi

November 3rd 2009

Remembered by Mom and Dad

Aaron Bender

November 3rd 2009

Remembered by Mom and Dad and siblings Dathan, Michaiah, Drystan, Fayth and Miryam



Loved Ones Remembered - October, November & December

Emma Schleimer

November 4th 2001

Remembered by her parents Michelle & Dave & siblings
Carson & Brookelynn

Kyla Kowalik

November 6th 2006

Remembered by her parents Rick & Cecily, sister Carly
& brother Reese.

Joey Junior Brenton

November 7th 2009

Remembered by Mom and Dad

Diesel Le Cours

November 10th 2008

Remembered by his parents Jeffrey and Katherine

Jackson Lanteigne

November 12th 2005

Remembered by family and friends

Melissa Gonsalves

November 13th 2008

Remembered by mother Bernadine

Delia Ramlukan

November 15th 2003

Remembered by her parents Nalenee and Ted and sister
Camille

Kameel Shirrif

November 16th 1998

Remembered by her parents Mike & Farida & brother
Mike

Annelise Goetz

November 17th 2008

Remembered by daughter Krista and son in law Steven and
grandchildren

Luke Santi

November 18th 2007

Remembered by parents Shelagh and Luigi and his sisters
Andrea and Janelle

Jordan Camble

November 19th 2003

Remembered by his parents Denice & Manuel

John Ries

November 20th 1996

Remembered by his wife Irma & family

James Murko

November 21st 1991

Remembered by his mom Patti & sisters Laura & Dayna

Sean Babister

November 21st 2005

Remembered by his mother Jeanine and sister Nadene and brother
John

Maria Kaminski

November 22nd 1996

Remembered by her parents Sigmund & Huberte & siblings
Jim, John, Frank, Robert & Joey (also in heaven)

Christine Mikel

November 22nd 1997

Remembered by her parents Dave & Caroline and her brother
Dwayne.

Christine Goodwin

November 23rd 2000

Remembered by her parents Vivian & Jack & siblings Jennifer &
Stephen

Caprice Nye

November 24th 2002

Remembered by her parents Michelle & Greg

Gareth Finney

November 24th 2008

Remembered by wife Irene and daughters

Derek Ball

November 25th 2008

Remembered by mom Bernice

Rita Franz

November 26th 1989

Remembered by Debra, Richard, Pat, and Rosemarie

Mark Ruppert

November 26th 2009

Remembered by family and friends

Maggie Rossair

November 27th 2006

Remembered by her family

Adam Shantz

November 28th 2000

Remembered by family and friends



Loved Ones Remembered - October, November & December

Victoria D'Agostino

November 30th 2002

Remembered by parents Ed & Martha & siblings Matthew & Emily

Sasha Greensides

November 30th 2004

Remembered by her parents Rose & Marshall & brothers Brennan and Jonah

David Chenier

December 1st 2000

Remembered by his mother Sue & brothers Marcel, Phillip & Jason

Jacob Dyck

December 3rd 1997

Remembered by his parents Evy & Gerry & siblings Jesse, Rachel & Rebecca

Rick Buehler

December 3rd 2003

Remembered by family and friends

Amy Sulston

December 4th 1995

Remembered by her parents Jim & Kim & sisters Laura & Emily

Lauren Olney

December 4th 1999

Remembered by her parents Jeff & Alice & sister Jane

Emily Hilker

December 4th 2001

Remembered by her parents Sylvia & Craig & brother Ethan

Erich Clausing

December 6th 1996

Remembered by his mother Theresia, wife Lori, children Spencer & Hayley & siblings, Frank, Karen & Darlene

Ryan MacNeill

December 6th 1998

Remembered by his parents Bill & Lee & brother Brad

Dustin Listman

December 6th 2001

Remembered by his mother Susan & sisters Selena & Brianna

Angel Patton

December 8th 2000

Remembered by her parents Ruth & Peter & siblings Devin & Keri & Grace

Violet Garrett

December 9th 2002

Remembered by her mother Samantha

Thomas Evans

December 9th 2007

Remembered by wife Lucille

Grayson Martin

December 9th 2008

Remembered by parents Kendra and Ryan and brother Easton

Ross Collins

December 11th 2007

Remembered by wife Rene

Sarah Maloney

December 13th 1997

Remembered by her parents Charlotte & Mark & sister Meara

Lee Maggiacomo

December 13th 2006

Remembered by mother Nina and siblings Anthony & Aimee

Eric Walter

December 14th 1996

Remembered by his parents Kurt & Bertha & brothers Mark, Dan & Steve

Christi Hill

December 14th 2000

Remembered by her mother Jose

Leah Fotheringham

December 14th 2000

Remembered by her parents Julie & Brent & sister Laura

Sophia McAuliffe

December 14th 2003

Remembered by family and friends

Hailey Wagstaff

December 14th 2004

Remembered by her parents Melanie & Scott, sisters Lilyanna and Vyolet, and Avery watching above



Loved Ones Remembered - October, November & December

Michael Helps

December 16th 1998

Remembered by his parents Ron & Helen & siblings David & Carolyn

Jim Templeton

December 24th 2008

Remembered by his wife Linda and daughters Elyssa, Devin, Mara and Lauren

David Stamper

December 16th 1999

Remembered by his mother Karen & brothers Brendan & Brady

Jacob LeBrun

December 25th 1998

Remembered by his parents Chris & Andrea & brother Andrew & Kalem

Emma O'Doherty

December 16th 2005

Remembered by her parents Tami & Daniel



Christopher Bartmann

December 17th 2002

Remembered by his parents Brenda & Dale & brother Darryl

Cody Gagnon

December 26th 2006

Remembered by parents Lorraine and Raymond and brother Chris and sister Jessica

Garrett Cochran

December 17th 2003

Remembered by family and friends

Robert Denomme

December 27th 2005

Remembered by his parents Gisele & Peter

Dalton Deekon

December 17th 2009

Remembered by Mom and Dad, Owen, Josh, Aly, Zach and Annabelle, Papa, Grandma and Nana

Gregory Alderson

December 28th 2001

Remembered by family and friends

Clark Clemmer

December 18th 2008

Remembered by his wife Andrea, children Christopher & Timothy, and reunited with his daughter Rochelle in heaven.

Megan Suljak

December 29th 1999

Remembered by her parents Melanie & Michael, Caroline in Heaven & her triplet sister Georgia.

Michael Borutski

December 20th 2003

Remembered by his parents Wendy & Stephen & sister Christina

Kristen Kleuskens

December 29th 2007

Remembered by parents Eileen and Ron and brother Joshua.

Jennifer Atkinson

December 21st 1999

Remembered by her grandparents Paul & Sharon

Robert Tuchlinski

December 29th 2008

Remembered by his mother Kim and sister Candice

Doug Fischer

December 21st 2008

Remembered by wife Anne and daughter Kim.

Larry Madore

December 31st 1994

Remembered by his wife Darlene & children Melissa & Matthew

Kristy Evans

December 23rd 1997

Remembered by her parents Dean & Carol & siblings Lindsay & Blake



Michael Watteel

December 24th 2001

Remembered by Andre, Rita & Kimmy

Isack Frenette

December 31st 1998

Remembered by his parents Paul & Anne & siblings Justin, Isabell & Jacob