

## HELPING THE HEALING BEGIN

Bereaved Families of Ontario Midwestern Region has been offering support and understanding to bereaved families since 1996.

## THE BEREAVED HELPING THE BEREAVED

Our programs are facilitated by trained volunteers who, like you, have experienced a similar loss. In their time of grief, they received the support needed to help them adjust to life after the death of a loved one. Now, drawing on their own personal experience, they can help you learn to live with your loss and continue through life with a renewed sense of comfort and strength.

## YOU'RE NOT ALONE

Whether you've lost a child, spouse/partner or loved one, we can help you find the program that will give you the support you need.

In our support groups, you'll be able to talk with others who share similar experiences and feelings, people who understand what you're going through because they're going through it too. Our groups offer a safe place, where your feelings and personal expression are respected.



# Our Programs



The following closed groups allow the same participants and facilitators to work together for the duration of the program.

We offer one on one support if there is a waiting period prior to group commencement.

### Parents Grieving the Death of a Baby

For parents who have lost a baby before birth or up to and including the age of two.



### Parents Grieving the Death of a Child

For parents who have lost a child three years of age up to adulthood.

Parents are grouped according to the age of their child whenever possible.

### Healing Little Hearts

For preschoolers (ages three to six years) impacted by the death of a loved one. While children participate in a play based support group, parents/caregivers are invited to join an education group where they will learn how children grieve and how to support them.

### LEGACY Support Group (Learning to Embrace Grief and Care for the Young)

For widows/widowers who struggle with their own grief while trying to support their children as they grieve the loss of a parent.

### Group for Subsequent Pregnancy after the Loss of a Baby

For women who become pregnant again after the loss of a baby. New members can join this group on an ongoing basis.

### Growing Through Grief

For anyone grieving the loss of a loved one, whether that is a parent, spouse, partner, child, grandchild, grandparent, sibling or friend. All bereaved individuals are welcome to join this program that will bring them hope and support as they struggle with the challenges of their grief. **Topics include:**

- Information and education about the grieving process
- How to cope with special days
- Holding on and letting go
- How to deal with changes in family relationships after a loss
- Suggestions for coping with other specific aspects of loss

This series will feature speakers with personal experience with loss and will provide opportunities for discussion and questions. Grieving individuals can receive the support they need in a caring and respectful environment.

