



Bereaved Families of Ontario-Midwestern Region

P.O. Box 25017, Kitchener ON N2A 4A5 Phone: 519-603-0196

email: support@bfomidwest.org website: www.bfomidwest.org

Cautions Regarding Self-Help Information

Information provided by Bereaved Families of Ontario is collected from many sources, including the personal experiences of bereaved individuals. Bereaved Families strives to stimulate a self-help response. The information we provide is not medical advice and is not professional counselling.

Individuals who support the initiatives of Bereaved Families of Ontario are volunteers, who provide services in their spare time on an ad-hoc basis, and come from a diverse variety of backgrounds and experiences. Our volunteers are not necessarily professional counsellors. Any suggestions provided in our support programs or in the articles published here are based solely on the experiences of individuals who have overcome their own personal challenges facing bereavement. We consider this to be valuable support to the self-help process. But, those seeking support should be wary of relying solely on this information for their emotional support.

For professional advice or counselling, we urge you to see your physician, professional counsellor, or another health care provider. In certain jurisdictions, Bereaved Families may be able to provide you with a referral for professional services. Please contact us for more information.

We believe that our support groups facilitate a self-help response to grief. Over time, we expect that support group participants ultimately progress to a point where they no longer require the support of their group -- or perhaps, where their participation in the group is based more on offering support from their experience of overcoming their own personal challenges. The principal expectation of the support group is that each group member will progress, and ultimately deal with or resolve their feelings and issues raised, to the point where overwhelming feelings are no longer controlling their life.

We wish you peace.

Privacy Statement:

Bereaved Families of Ontario –Midwestern Region (BFO-Midwestern) 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 contact information to assist us in providing you with appropriate services, and to keep you informed and up-to-date on the activities of BFO- Midwestern, including programs, services, special events, funding needs, opportunities to volunteer or to give, and more through periodic contacts. Program personnel will only access your personal information on an as-needed basis. If at any time you wish to be removed from any of these contacts, please contact us by telephone at 519-603-0196 or via email at support@bfomidwest.org and we'll gladly accommodate your request.