



BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

SUMMER BULLETIN

"Bereaved helping the bereaved learn to live with grief"

ISSUE 3

www.bfodurham.net

2016

UPCOMING FUNDRAISERS

Summer is upon us with hot, hot temperatures and we hope you are staying cool and hydrated. Whatever your plans for this summer, we hope you find comfort in knowing you're not alone in your grief journey. BFO-Durham will continue to offer their regular drop-ins throughout the summer where you can connect with others who understand what you are going through

The following fundraisers have been organized and will take place between now and the end of September.



6TH ANNUAL RIDE TO REMEMBER JULY 26, 2016. MORE INFORMATION AVAILABLE ON BFO-D WEB SITE OR CONTACT RIDE.TO.REMEMBER.BRENT@GMAIL.COM FOR MORE INFORMATION



BEACH BASH DANCE SEPTEMBER 10, 2016. MORE INFORMATION AVAILABLE ON BFO-D WEB SITE OR CONTACT THE BFO-D OFFICE



BIKE, BLADE OR BOARD FOR BLAKE OCTOBER 1, 2016. SEE PAGE 2 OF THIS BULLETIN FOR MORE INFORMATION.



THE 8TH ANNUAL RUN/WALK TO REMEMBER JEFFREY WARNE SEPTEMBER 11, 2016. CHECK THE BFO-D WEB SITE FOR MORE DETAILS.

BIKE, BLADE OR BOARD FOR BLAKE 2016

Bike, Blade or Board for Blake is an event in memory of our eighteen year old son, Blake Garvey, who we lost on February 21st 2013 to the disease of Addiction. Blake suffered with anxiety and depression and turned to drugs to suppress the effects of these mental health issues. The pledges solicited and collected by participants help to fund programs offered through Durham Mental Health Services and Bereaved Families of Ontario-Durham Region.

The event is intended to help raise awareness of mental health and addiction in our community. It is also an opportunity to raise awareness of the support and services available at Bereaved Families of Ontario - Durham Region. Donations will go to each of these organizations. There will be a BBQ, guest speakers and many draws for prizes.

The event will be held on Saturday, October 1st at the waterfront trail in Bowmanville. All participants must register with their pledge sheets or purchase a ticket for \$25.00 and will be entered into the draws for prizes.

We are grateful to all of our sponsors and event participants in helping to raise awareness about mental health and addiction and support services available for those of us on this never ending journey of child loss. We thank you in advance for your generous support.

SATURDAY, OCTOBER 1st 2016

REGISTRATION: 9:15 a.m.

WALK: 10 a.m. – 11 a.m.

BBQ: 11:30 a.m.

SPEAKERS AND DRAWS: 11:30 a.m.

REGISTRATION

All participants must read, complete and sign the registration form. A parent or guardian must sign the registration form on behalf of walkers under the age of 18 years.

BEFORE THE EVENT

Obtain pledges from sponsors of your choosing (i.e. family, friends, neighbours, teachers, etc.). Collect each pledge at the time you recruit the sponsor. Be sure to tell your sponsor that an official tax receipt will be given for pledges of \$25 or more.

Cheques should be made payable to Durham Mental Health Services or BFO-Durham. You can choose which organization.

HOW YOUR DONATIONS BENEFIT THE COMMUNITY

DURHAM MENTAL HEALTH SERVICES

Many Programs and Services, "Extras" to improve client's lives, Website www.dmhs.ca

BEREAVED FAMILIES OF ONTARIO, DURHAM REGION

Monthly afternoon and evening drop-ins, One-on-one support, Mothers', Fathers' or Mixed Support Group Sessions—check our BFO-D Web Site for more information

PLEDGE FORM IS AVAILABLE AT THE OFFICE OR ON THE BFO-D WEBSITE

UPDATES

FACILITATOR TRAINING

BFO-D would like to congratulate our new facilitators who completed their training Jun 27th, 2016. Congratulations go to Brad Brown, Sherry Mitchell, Andrea Onley, Jonathan Onley, Penny-Claire Tillie, Joe Tilley and Greg Wright. Thank you for volunteering in loving memory of your precious children.

Very special thank you go out to Gary Goswell and Louise O'Donnell for providing our facilitators with this very special training.

MOTHERS' GROUP

There is a Mothers' Group scheduled to start Tuesday September 20th, 2016 for approximately 12 weeks. If you are interested in registering for this group, please contact Jane at the office.

FATHERS' GROUP

A Fathers' Group is scheduled to start Thursday, September 22nd, 2016. If you are interested in registering for this group, please contact Jane at the office.

2017 MOTHER'S RETREAT

Save the date for the 18th Annual Retreat for Bereaved Mothers January 27-29/17 at the Villa St. Joseph, Cobourg.

UPCOMING BEACH BASH DANCE

BEREAVED FAMILIES OF ONTARIO—DURHAM REGION INVITES YOU TO OUR

Beach Bash Dance

Saturday, September 10/16

7:30 pm — 1:00 am

Harmony Creek Community Centre

Tickets—\$25.00

***DJ**

*** Door Prizes**

*** Games**

*** Buffet**

*** Silent Auction**

ALL PROCEEDS WILL GO TO BEREAVED FAMILIES OF ONTARIO—DURHAM REGION

WE HOPE TO SEE YOU THERE!!

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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CHARITABLE REGISTRATION #86169880RR0001

DONATIONS

IN LOVING MEMORY OF

Kent Perry
From Bill and Joyce Foreman

Krista Harbinson
From Dean Audrey

Vicky Jones
From Vince and Susan Hendricks

Vicky Jones
From John and Magda Zoelman

Vicky Jones
From Elise Vanhaverbeke

Kristina Hendricks
From Elise Vanhaverbeke

Allan Sweetman
From Fritz and Cathy Wiener

Allan Beer
From Margaret Rickets

THE FOLLOWING DONATIONS WERE RECEIVED AT BFO-D

Rotary Club of Ajax—\$500.00

Jim, Arlene, Alex and Matthew Reed in memory of their daughter/sister Erin. Golf Tournament The REK Memorial—
\$1,615.00

Unifor Local 222 Union Hall, Donation towards Beach Dance - \$1,000.00

Rocco and Kelly Granato in memory of their daughter Racquel. Donation through sale of chair/planter with flowers-\$800.00

Brad and Debbie Brown donated a Kurig Coffee Maker and coffee to the BFO-D Office

Beth Bryan donated a large box of coffee

