

# **ANNUAL REPORT**

## **2019 – 2020**



Bereaved Families of Ontario  
South Central Region

## **A MESSAGE FROM OUR BOARD CHAIR**

Every year at the AGM, we look back to see the progress we have taken to continue to shape Bereaved Families of Ontario South Central Region in our mission to support our community members with their journey through grief. Over the past eighteen months, our accomplishments and challenges have been many.

For us, 2019 felt like a “strength-in-the-basics” year of growth. It was a year of reflection on what our purpose was; on how we can continue to best serve our community in learning to live with grief. Our focus has truly been on ensuring our programming continues to be effective and inclusive. In 2019, we reviewed and enhanced current programs and created new programs where we saw a community need. The cornerstone of our programming is our volunteer facilitators. Ensuring they had the knowledge, training and support they needed was a top priority. This led to robust growth in our facilitator training programs. To accomplish all of this, it also meant expansion and enrichment in our local and provincial partnerships and bettered communication within BFO chapters.

The pandemic changed the way people interact on a whole and dramatically changed the way our peer support groups functioned. With 2019’s focus on enriching our programming, supporting our volunteers, and cultivating our partnerships, we were much better prepared to navigate the storms ahead. We were quickly able to adapt to the new environment and create an impactful way to continue peer support in a virtual environment.

We are especially grateful to Krista Campure, who joined BFO-SCR as our Executive Director in 2019. Her knowledge and compassion fueled the “strength-in-the-basics” growth and her innovation and commitment helped BFO-SCR and many other chapters understand how to move to virtual support. I also want to thank my fellow board members who volunteer their expertise to navigate this ship that is BFO-SCR, ensuring we continue to be able to serve our community. We value the insight and expertise that the members of the Professional Advisory Committee provide. And we are most grateful to our volunteers, who are truly the heart and soul of our organization. We of course, could not succeed without them. We also want to thank all BFO-SCR friends, community partners and supporters. I am so grateful to be part of an organization that is run through compassion for supporting the community we live in. I look forward to seeing what the future has in store for us.

Respectfully submitted,

A handwritten signature in black ink that reads "D VanderVeen". The signature is written in a cursive style with a long horizontal stroke at the end.

Denise VanderVeen

## **A MESSAGE FROM OUR EXECUTIVE DIRECTOR**

The past year has been a time of both change and reflection for Bereaved Families of Ontario South Central Region. We have experienced numerous changes in staff, board members and our environment as we continue to navigate the COVID-19 pandemic.

I stepped into the role of Executive Director in August, 2019. At that time, I worked to re-establish community support and grief support programs as we embraced the fall season. In September, three Sheridan College students from the Social Service Worker program joined BFO-SCR to complete their practicums. Some of you may have had the pleasure of chatting with Shanna, Shannon and Allison. Esme, a Laurier University student of Social Work, joined BFOSCR in January of this year. Each of these students have been amazing additions to our team. They assisted in office administration, program development, facilitator training and eventually they all became wonderful group facilitators.

In October of 2019, we created a new support group called Mixed Loss, which provided grief support for adults of all ages, for any type of loss and at any stage of their grieving journey. That support program successfully continued through the winter months and eventually became our virtual adult support program, now called Healing with Hope. Since April 2020, the program has been funded by the United Way of Haldimand-Norfolk COVID-19 Response Fund.

When the COVID-19 pandemic shut down Ontario last spring, we quickly transitioned to virtual support groups for all our in-session winter and spring grief support groups. For those who were unable to transition or accommodate the virtual platform, Shanna, our social service worker graduate and I provided one-to-one, peer-to-peer phone support. Since then, we have provided more than 140 peer-to-peer phone support sessions bridging individuals to grief support programs or providing referrals to a local counsellor or therapist for further support.

In June, we applied for the Emergency Community Support Fund through Hamilton Community Foundations and were successfully granted funds to create an online family bereavement program. This program combines TLC, our children's grief support program, and our Caregivers Supporting Children support program, into a virtual support program. Our current Laurier student of Social Work, Melissa, the TLC volunteer facilitators, Larissa and I are in the midst of successfully implementing the first online family bereavement support program consisting of five children. The families involved have been very receptive, appreciative and highly engaged.

For the remainder of 2020, Bereaved Families of Ontario South Central Region will continue to provide virtual support programs and facilitator training, as the health and safety of our participants, volunteers and staff is of paramount importance.

I want to take a moment to thank every volunteer that has stepped up, assisted in the office and at events, adapted to all the changes and stayed committed during the whirlwind of the pandemic. Thank you for being there to support every group participant, event attendee, for answering phone calls, and for supporting me as I navigated through this new role. Your efforts are truly appreciated.

With gratitude,



Krista Campure

## **OUR TEAM**

### **BOARD OF DIRECTORS**

**CHAIR** – Denise VanderVeen

**VICE CHAIR** – Ryan Moffat

**SECRETARY** – Colleen Lowe

**TREASURER** – Marlene Robertson

**DIRECTOR** – Larissa Adnitt (June 2019-October 2020)



### **STAFF**

**EXECUTIVE DIRECTOR** – Krista Campure

**PROGRAM & VOLUNTEER COORDINATOR** – Larissa Adnitt (Oct-Dec 2020)

## **OUR VISION**

To create a caring, non-judgmental, compassionate environment where the bereaved are able to openly connect with other bereaved individuals and develop a better understanding of the powerful emotions of grief.

## **OUR MISSION**

Bereaved Families of Ontario-South Central Region is a non-profit organization whose purpose is to provide well organized, and professionally supervised, peer-to-peer grief support programs for bereaved families and individuals who have lost a loved one through death. All grief support programs are offered **free** of charge.

## **CONTACT US**

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[www.bfoscr.com](http://www.bfoscr.com)  
[programming@bfoscr.com](mailto:programming@bfoscr.com)

# OUR PROGRAMS

## **BEREAVED PARENTS SUPPORT PROGRAM**

8 to 12-week grief support group

- ~ Adult Child Loss Support Group
- ~ Young Child Loss Support Group
- ~ Bereaved Mothers Support Group

## **PREGNANCY AND INFANT LOSS SUPPORT PROGRAM**

10-week grief support program for families/individuals who have experienced a miscarriage, stillbirth or early infant loss.

## **HEALING WITH HOPE – MIXED LOSS SUPPORT PROGRAM**

8-week grief support program for general adult bereavement.

Adults of any age, any stage of grief and any type of loss.

- ~ Sibling Loss
- ~ Parental Loss
- ~ Best Friend/Friend Loss
- ~ Spousal/Partner Loss

## **MAID – MEDICAL ASSISTANCE IN DYING**

8-week grief support program for adults who have experienced a medically assisted death of a loved one.

## **FAMILY BEREAVEMENT**

**TLC: TALK, LISTEN, CARE FOR KIDS**

**CSC: CAREGIVERS SUPPORTING CHILDREN**

8-week grief support program for children aged 5-13 years and their caregivers. Support after the death of a parent, sibling, relative or friend.

## **MISSING PIECES: THE GRIEF PUZZLE**

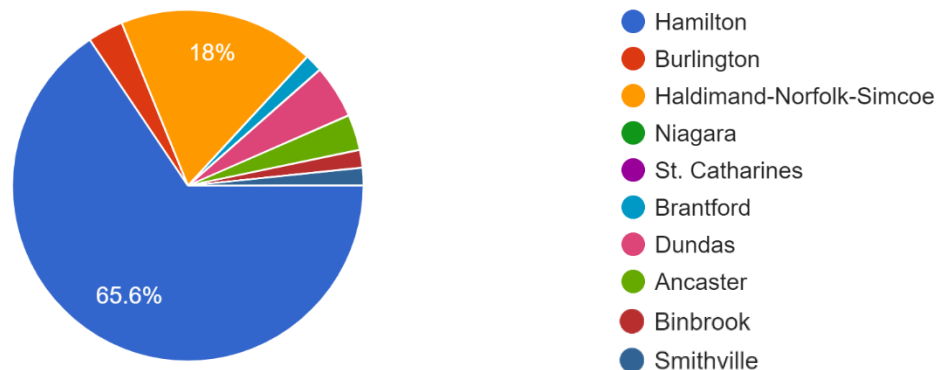
A one-day workshop for teens who have experienced the death of a loved one. Programs offered in collaboration with Hamilton and Halton School Boards.

# COMMUNITY IMPACT

## 2019 Highlights

- ~ Our volunteers provided over 890 hours of program support, in-office support and during events.
- ~ We completed our M.A.i.D program development phase for our Ontario Trillium Foundation grant.
- ~ We launched our new Mixed Loss Grief Support Group for adults of all ages, during any stage of grief and any type of loss.
- ~ Our support groups reached across Hamilton, Burlington and into the Haldimand-Norfolk Regions.

Geographic Region



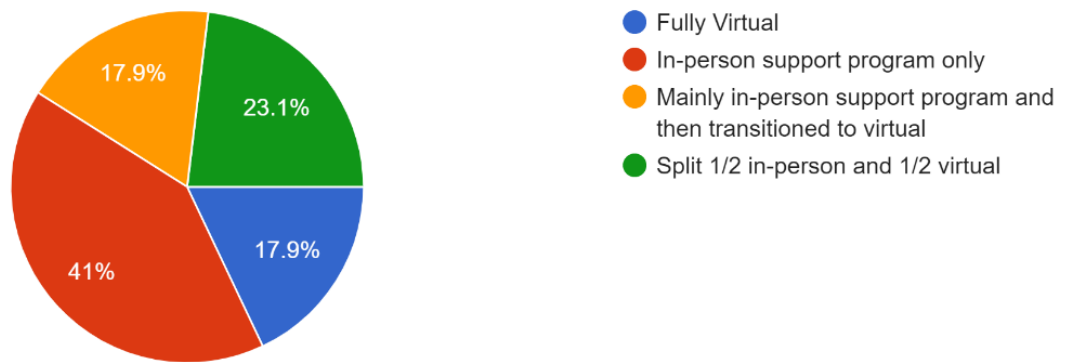


# COMMUNITY IMPACT

## Early 2020 Highlights

- ~ We ran a successful Facilitator Training Workshop in January recruiting 10 new volunteer facilitators.
- ~ Our volunteers have already provided over 490 hours of in-person and virtual support and in-office support (as of June 23<sup>rd</sup>, 2020).
- ~ We were awarded two one-year grants through United Way of Haldimand-Norfolk. The purpose of one grant is to run a facilitator training workshop in the Haldimand-Norfolk region to increase support within the region. The purpose of the other grant, COVID-19 Response Fund, is to help provide virtual support groups for adults within our community during the pandemic. We successfully launched Healing for Hope, our online adult bereavement program on May 19<sup>th</sup>, 2020.
- ~ We were recently awarded a one-year grant, Emergency Community Support Fund, from Hamilton Community Foundation for a Family Bereavement Program for grieving children and their families/caregivers during the pandemic. This program is in the development stage as we are transitioning our TLC/CSC program into a virtual platform and online children's library.

Virtual Program - Changes due to COVID-19





## TESTIMONIALS

“Before attending the group, my daughter didn’t feel comfortable with talking about our loss/her grief. However, after each session she was excited to tell me about what she did at group. She is becoming more comfortable talking about her feelings and being “sad”.”

– TLC/CSC Family Winter 2019



“The facilitators were all extremely helpful, supportive, understanding and great listeners. They are knowledgeable on the topic of grief.”

– Mixed Loss Fall 2019

“I found comfort in our group and was able to express openly how I felt. Gained knowledge on how to deal with situations.”

– Bereaved Parents Spring 2019

"We attended a group after Melissa died and it helped tremendously. We met some incredible people who were so open with their own stories and understanding of what we were going through at the time. If you're looking for support for the loss of a loved one BFO is a wonderful resource." - Mary

“Loved coming to group each week!”

– Pregnancy and Infant Loss Winter 2020



“Seriously, hearing other’s losses and coping mechanisms, sharing in a caring and comfortable environment, I felt welcome each session.”

– Mixed Loss Winter 2020

Auditor: Clement Feierabend Professional Corporation, Hamilton

**BEREAVED FAMILIES OF ONTARIO –  
SOUTH CENTRAL REGION**

**STATEMENT OF OPERATIONS**

**FOR THE YEAR ENDED DECEMBER 31, 2019**

	2019	2018
<b>REVENUES</b>		
Bingo (Schedule I)	\$ 25,930	\$ 25,769
Donations	21,696	8,619
Fundraising (Schedule II)	50,842	57,522
Ontario Trillium Foundation grant (Schedule III)	5,500	46,900
Provincial Nevada income	7,732	11,573
HST rebate	-	3,370
Other income	-	(50)
	<u>111,700</u>	<u>153,703</u>
<b>EXPENDITURES</b>		
Amortization	358	478
Bank charges	585	496
Bingo (Schedule I)	2,439	110
Building occupancy and insurance	12,232	12,399
Equipment leasing and service	136	231
Fundraising (Schedule II)	16,606	19,968
Legal and audit	2,599	2,825
Office supplies	3,813	6,661
Ontario Trillium Foundation grant expenditures (Schedule III)	53,500	-
Program activities	-	640
Provincial Office expense assessment	193	1,949
Salaries and benefits	36,620	57,378
Staff travel	26	254
Telephone	2,483	1,363
	<u>131,590</u>	<u>104,752</u>
<b>(DEFICIENCY) EXCESS OF REVENUES OVER EXPENDITURES</b>	<u>\$ (19,890)</u>	<u>\$ 48,951</u>

The accompanying notes are an integral part of these financial statements.

**BEREAVED FAMILIES OF ONTARIO –  
SOUTH CENTRAL REGION**

**STATEMENT OF CASH FLOWS**

**FOR THE YEAR ENDED DECEMBER 31, 2019**

	<b>2019</b>	<b>2018</b>
<b>CASH FLOW FROM OPERATING ACTIVITIES</b>		
Bingo profit distributions	\$ 25,114	\$ 25,728
Donations	21,696	8,619
Gross fundraising revenues	49,342	59,022
Ontario Trillium Foundation Grant received	-	49,600
Repayment of unspent Ontario Trillium Foundation Grant	-	(2,700)
Provincial Nevada income	8,555	8,791
HST rebate	-	3,739
Other expense	-	(50)
Bingo expenses	(2,439)	(110)
Fundraising expenses	(16,710)	(20,240)
Other operating expenses	(58,635)	(84,100)
Expenditures from Ontario Trillium Foundation grant	<u>(53,500)</u>	<u>-</u>
<b>(DECREASE) INCREASE IN CASH DURING THE YEAR</b>	<b>(26,577)</b>	<b>48,299</b>
<b>CASH, beginning of the year</b>	<u><b>71,931</b></u>	<u><b>23,632</b></u>
<b>CASH, end of the year</b>	<u><b>\$ 45,354</b></u>	<u><b>\$ 71,931</b></u>

The accompanying notes are an integral part of these financial statements.

# EVENTS

## 2019 Fundraising Events

- ~ Our 14<sup>th</sup> Annual Butterfly Release and Memorial Walk took place on Sunday September 15<sup>th</sup>, 2019 at Hidden Valley Park in Burlington. Despite the damp and cool weather, the butterflies filled the sky in memory of our loved ones. We raised around \$4,000 for our grief support programs.
- ~ On Thursday December 12<sup>th</sup>, 2019 we held our Family Tree of Lights event at Bay Gardens and Bayview Funeral Home in Burlington. We successfully raised over \$4,000 supporting grieving children, teens and adults within our community.





## 2020 Fundraising Events

- ~ To start off the year, Snapdragon Educational Busy Bags ran a fundraiser in support of BFOSCR in January. The weekend fundraising event raised around \$160 for our support programs.
- ~ The Burlington Concert Band donated their bake sale profits from their “For the Love of Music” Concert on Friday February 7<sup>th</sup>, 2020. They raised \$300 for BFOSCR.
- ~ We ran our first FUNDrive event in February collecting donations of used clothing, household goods and books. We donated over 808lbs of clothing!
- ~ Due to unfortunate circumstances including the shutdown of all events due to COVID-19, we had to cancel our Spring Market event in March.
- ~ National Puddle Day went virtual for the 10<sup>th</sup> Annual event by hosting a virtual splash party and WestJet ticket raffle. The virtual event stirred up a little fun during the pandemic and raised around \$1,800 in support of grieving families.
- ~ COVID-19 has hit our fundraising events hard. We will continue to run virtual and mini fundraising events during the rest of the year. We will keep you posted on how you can help and how you can support our grief support programs.
- ~ The 15<sup>th</sup> Annual Butterfly Release Memorial ran as a virtual presentation in September and generated just over \$2,200 in support of grief support programs for grieving families and individuals in our community.
- ~ We have just launched the Family Tree of Lights Candlelight Vigil, which will be held virtually as a live event.



Your generosity and support will help us to provide grief support programs at no cost for children, teens and adults in our community. Thank you!



## Volunteer Appreciation

On January 9<sup>th</sup>, 2020, we held a Volunteer Appreciation event at Circle of Life in Dundas. We welcomed past and present volunteers including the current board of directors, members of our professional advisory committee, group facilitators, event volunteers and those new to BFOSCR. It was a wonderful evening full of great food, re-connecting with one another, meeting new members and great conversation. Thank you to all who were able to attend. We are hoping we will be able to continue our gathering in appreciation once it is safe to do so.



# **STRATEGIC PLAN**

**2020 - 2023**

## **Quality and Education**

Bereaved Families of Ontario South Central Region will continue to provide high quality facilitator training workshops twice a year providing fresh educational material in the field of grief, cultural diversity and inclusivity. We will continue to provide caring, compassionate and high-quality grief support programs for our bereaved community.

## **Build A Strong Foundation**

Solidify a strong community support network of grief support organizations and professionals, and amplify the appreciation for our supporters, volunteers and group facilitators.

## **Financial Growth and Sustainability**

The financial health and viability of Bereaved Families of Ontario South Central Region allows for the expansion of programs and services. Sustainability achieved by sourcing out applicable community and corporate grants, adapting fundraising events for community engagement and utilizing community resources.

## **Raising Awareness**

Bereaved Families of Ontario South Central Region works to enhance recognition and support of our grieving children, teens and adults of all ages.

## **Expand our Support Services in our Community**

Evolving to provide grief support services virtually during community crisis, increasing accessibility and program availability. Re-establishing our Missing Pieces – teens grief support program and support program for grieving fathers. Enriching the diversity of grief support programs for our entire community including LGBTQ2S+ and Indigenous communities.



# **THANKS TO OUR SUPPORTERS**

Thank you to the many individual donors who generously supported Bereaved Families of Ontario South Central Region (Hamilton/Burlington), through annual contributions, donations in memory of loved ones, and supported our fundraising events.

## **GUARDIANS OF HOPE**

Don & Marlene Hall  
Brian & Michelle Skinner  
Lina Alfano  
Robin LeSage  
Michelle Hache  
Dave McEachern  
Shirley Anne Smyth

## **THIRD PARTY SPONSOR**

Kinderseeds – Sherri Crechiola (National Puddle Day)  
Butterflies & Roses  
Burlington Concert Band – Kamara Hennessey  
Clement Feierabend Professional Corporation

## **FACILITIES SPONSOR**

L.G. Wallace Funeral Home  
Bay Gardens & Bayview Funeral Home  
Circle of Life Cremation and Burial Centre – Dundas  
Dodsworth & Brown Funeral Home  
Cresmount Funeral Home – Hamilton  
Smith's Funeral Home – Burlington  
City of Hamilton



Bereaved Families of Ontario  
South Central Region

## OUR CORPORATE SPONSORS



L.G. Wallace Funeral Home  
by Arbor Memorial



BAY GARDENS & BAYVIEW  
*funerals, cremations, cemetery & mausoleum*



## OUR PROGRAM PARTNERS

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

HAMILTON  
COMMUNITY  
FOUNDATION



United Way  
Haldimand & Norfolk

**We are continually growing, learning and developing  
new resources and support programs.**

**Keep checking in for what's new!**

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