



Bereaved Families of Ontario
South Central Region

Inspiring hope • Providing support

ANNUAL REPORT
2020 – 2021



A MESSAGE FROM OUR BOARD CHAIR

As we reflect on the past year, we can be proud of the accomplishments made and challenges overcome by Bereaved Families of Ontario- South Central Region. Last year, we spoke about strengthening the foundation of BFO-SCR, this year we can look at our growth through resiliency. This is highlighted by the continued growth in programming that has made it more accessible and inclusive to the needs in our community.

The groundwork from last year equipped us with the ability to adapt and grow in the face of this ongoing pandemic. With the challenges of taking our programming and events to a virtual platform, BFO-SCR was able to successfully create an impactful way to stay connected and continue to support bereaved families and individuals. This was due to our focus on robust facilitator training, enhanced safety and support measures for our volunteers & participants, updated & impactful programming, growth in community partnerships and, without question, the incredible dedication and compassion from our staff and volunteers.

The heart and soul of BFO-SCR is our volunteers, and we cannot reflect on the past year without being in awe of their dedication, support and commitment to our community.

We are especially grateful to Krista Campure, our Executive Director. With her leadership and resilient spirit, she was able to steer BFO through an ever-changing environment while establishing more comprehensive programming. We would also like to thank Melissa Mancini for her dedication and contributions as our Program & Volunteer Coordinator, as well as all the practicum students and the many impacts they have made.

I also want to thank my fellow board members and the members of the Professional Advisory Committee who volunteer their expertise to ensure we continue to be able to serve our community. We also want to thank all BFO-SCR friends, community partners and supporters.

I am so grateful to be part of BFO-SCR and look forward to our next chapter.

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

This past year has provided Bereaved Families of Ontario – South Central Region with a number of challenges and opportunities as we have continued to navigate and adapt through the ongoing pandemic. Our momentum and resilience have provided enhanced support and connectivity for bereaved and isolated individuals and families throughout Ontario.

When I initially stepped into the role of Executive Director in August, 2019, I worked to re-establish community support and grief support programs as we embraced the fall season. Since that time, I have had the pleasure of mentoring SSW practicum students from Sheridan College, Six Nations Polytechnic - Mohawk College and BSW practicum students from Wilfrid Laurier University. The community partnership with these educational institutions has provided us with extra support and volunteers to assist with program adaptations, community engagement and community support.

In January of this year, we said goodbye to Larissa-Lynn Adnitt, as she stepped down from the role of Program & Volunteer Coordinator. Thank you, Larissa, for your support and guidance as we transitioned all our grief support programs and events to a virtual platform. We are thrilled that she will be staying with us as a volunteer facilitator.

After successfully completing placement and graduating with exceptional standing in her BSW program through Wilfrid Laurier University, Melissa Mancini stepped up into the position of Program & Volunteer Coordinator. We are delighted to have her join the team. To connect with Melissa, for information on our programs or community resources or to become a volunteer facilitator, please email her at programming@bfoscr.com.

For 2021, Bereaved Families of Ontario - South Central Region has continued to provide virtual support programs, events and facilitator training, respecting and protecting the health and safety of our participants, volunteers, staff and greater community. We have expanded the number of grief support programs we offer including three virtual drop-in grief support programs – teens grief support group, young adult grief support group and adult bereavement mixed loss support group.

I want to take a moment to thank each and every volunteer that has stepped up, assisted in the office, provided compassionate support for our support programs, assisted with virtual events, gracefully adapted to all the changes and stayed committed during the ongoing pandemic. Thank you for being there to support every group participant, every event attendee, for answering phone calls, and for supporting and encouraging me along the way. Your support, dedication and compassion are truly seen, heard and appreciated.

With extreme gratitude,



Krista Campure

BFO-SCR TEAM

BOARD OF DIRECTORS

CHAIR – Denise VanderVeen

VICE CHAIR – Ryan Moffat

SECRETARY – Colleen Lowe

TREASURER – Marlene Robertson

STAFF

EXECUTIVE DIRECTOR – Krista Campure

PROGRAM & VOLUNTEER COORDINATOR – Melissa Mancini

PROFESSIONAL ADVISORY COMMITTEE (PAC)

Lucinda Landau

Angela Brooks

Rebecca Wasser

Sharon Boase

Melissa Chadwick

OUR VISION

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.



OUR MISSION

To create a caring, compassionate, non-judgmental peer support and educational environment for individuals and families who are bereaved to openly connect with others and develop a better understanding of the powerful emotions of grief and loss.

BFO-SCR PROGRAMS

BEREAVED PARENTS SUPPORT PROGRAM

10-week grief support group for individuals or couples who have experienced the death of a child (adult or young child).

PREGNANCY AND INFANT LOSS SUPPORT PROGRAM

10-week grief support program for individuals or couples 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. Support after the death of a parent, grandparent, sibling, relative, partner, spouse or friend.

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 SUPPORT PROGRAM

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

Drop-in support program for teens aged 13-19 years, who have experienced the death of a loved one. Also runs as a one-day workshop format offered in collaboration with Hamilton District and Halton School Boards.

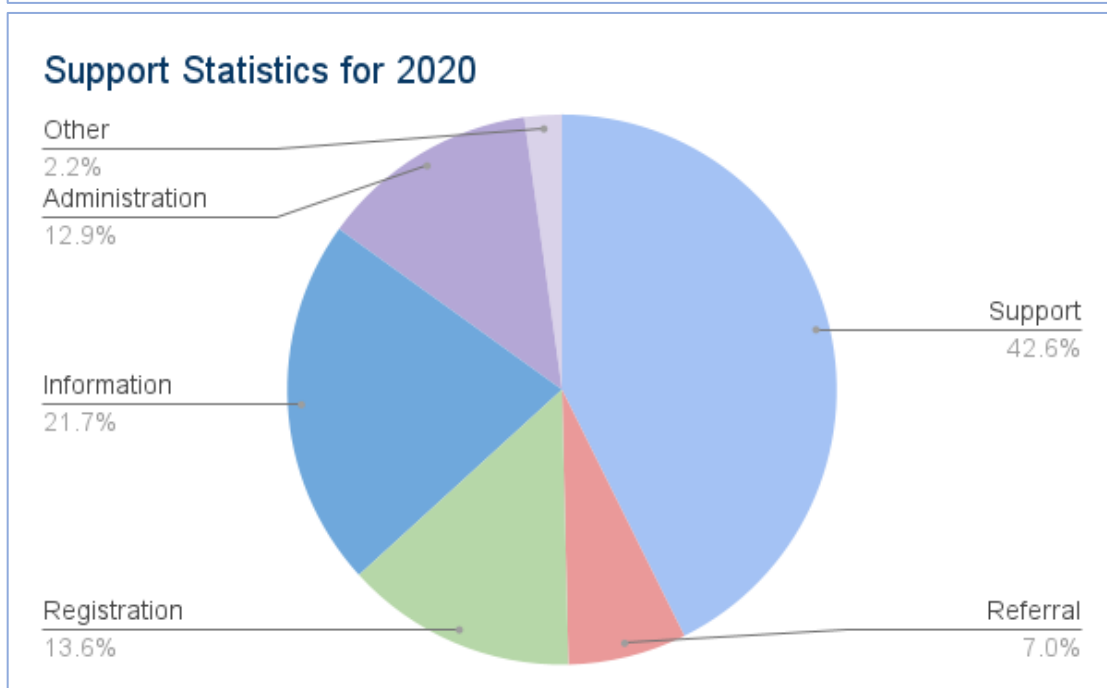
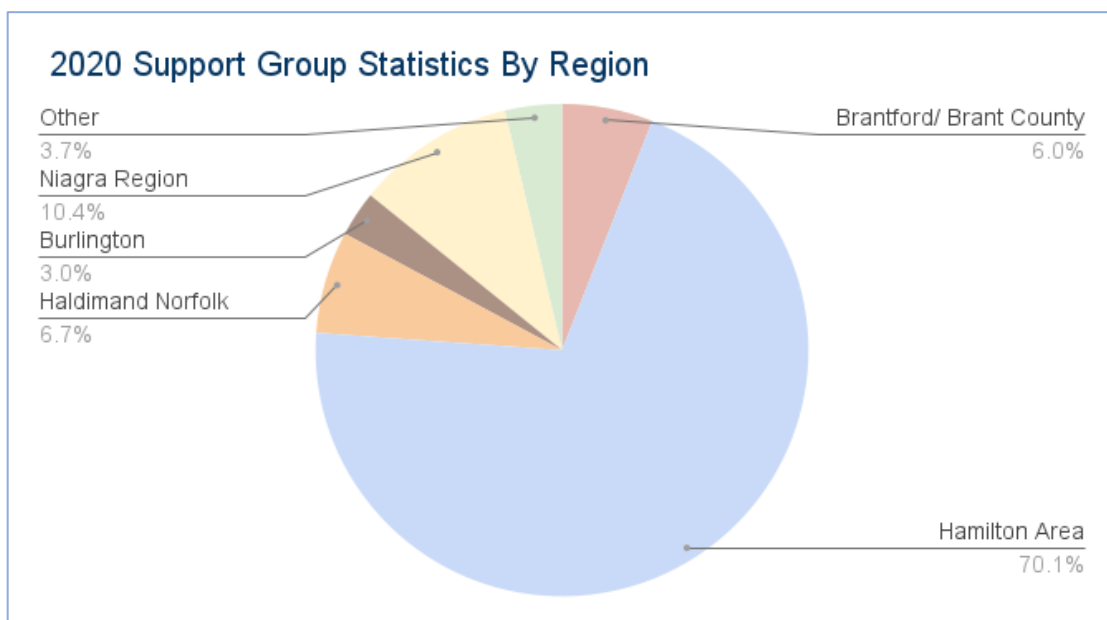
YOUNG ADULT GRIEF SUPPORT

Drop-on grief support group for young adults aged 18-29 years, who have experienced a death of a loved one. Support after the death of a parent, grandparent, sibling, relative, partner, spouse or friend.

COMMUNITY IMPACT

2020 Highlights

- ~ Our volunteers devoted over 1500 hours of program, event and office support.
- ~ We transitioned seven grief support programs to virtual support group models.
- ~ We held three facilitator training sessions in January, August and November where we recruited 13 new volunteers.
- ~ Our support groups reached across Hamilton, Burlington, Brantford, Haldimand-Norfolk and Niagara regions.



COMMUNITY IMPACT

2021 Highlights

- ~ We launched three mixed loss drop-in support programs for three different age groups. These included a drop-in support group for teens aged 13-19, young adults aged 18-29, and for adults of all ages including 55+.
- ~ We ran a fun and interactive Father's Day Giveaway in June with three amazing gift baskets featuring amazing donations from our community sponsors.
- ~ We redesigned our logo to reflect a more diverse, inclusive and open organization and launched our new logo at the end of June.
- ~ We successfully utilized the funding granted to us by United Way of Haldimand-Norfolk, United Way of Halton & Hamilton, and Hamilton Community Foundations.
- ~ We were able to provide educational workshops and support for Grand Council Treaty #3 in Kenora.
- ~ We were able to recruit enough participants to successfully run our first full MAiD grief support group this fall.
- ~ With our support groups running virtual, we have been able to successfully reach a larger population and broader geographic area. Areas we are currently supporting include Hamilton, Burlington, Brantford, Brant County, Haldimand-Norfolk, Niagara, and many areas extending beyond the South Central Region including into the GTA and Northern Ontario.



TESTIMONIALS

“This group has been a lifesaver. It is so great not going through this alone and having people who just get it. I love that we get free discussion, but the structure of themes for the week is my favorite part. Talking and showing pictures of our babies last week was so good. The facilitators are awesome, and I like the mix of personalities. Thank you.”

– Pregnancy & Infant Loss Spring 2021



“I just want to express my thanks to all who were involved in making this available. Particularly the facilitators. They were a terrific trio. They ran the sessions with great kindness and wisdom. I very much appreciated the group and the opportunity to share my son’s life with them.”

– Bereaved Parents Winter 2021

“Today (and every Thursday evening) was incredibly helpful. It’s really the thing that is helping my husband and I to process our grief and begin to move forward. The facilitators are absolutely fantastic in leading the conversation, supporting us with what we share and providing some long-term perspective of what life beyond this experience looks like. We are so grateful for this group”

– Spring 2021



"I am absolutely extremely grateful and appreciative to have been able to attend this group. I am happy to have met all the women and very grateful to know I am not alone and that I have support. "

– Winter 2021

Auditor: Denise M. Austin, CPA, Brantford, Ontario

Bereaved Families of Ontario - Hamilton / Burlington
o/a BEREAVED FAMILIES OF ONTARIO SOUTH CENTRAL REGION

STATEMENT OF OPERATIONS
FOR THE YEAR ENDED DECEMBER 31, 2020

	<u>2020</u>	<u>2019</u>
RECEIPTS		
Bingo	\$ 12,236	\$ 25,930
Donations	17,106	21,696
Fundraising	10,397	54,519
Ontario Trillium Foundation grant	-	5,500
Provincial Nevada	4,858	7,732
United Way	13,375	-
Government assistance (Note 2)	19,677	-
Hamilton Community Foundation	20,000	-
Total Receipts	<u>97,649</u>	<u>115,377</u>
EXPENDITURES		
Grants and fundraising		
Bingo expenses	9,144	18,170
Fundraising	6,075	19,406
Ontario Trillium	-	62,485
Community Foundation	18,811	-
Provincial Nevada	9,777	12,877
United Way	3,008	-
	<u>46,815</u>	<u>112,938</u>
Operating		
Depreciation	270	358
Bank charges and interest	265	132
Professional fees	3,399	2,599
Office expenses	1,017	632
Administrative salaries and benefits	51,026	18,608
	<u>55,977</u>	<u>22,329</u>
Total Expenditures	<u>102,792</u>	<u>135,267</u>
Deficiency of Receipts Over Expenditures for the year	<u>\$ (5,143)</u>	<u>\$ (19,890)</u>

See accompanying notes to the financial statements
D.M. Austin, CPA, Brantford, Ontario

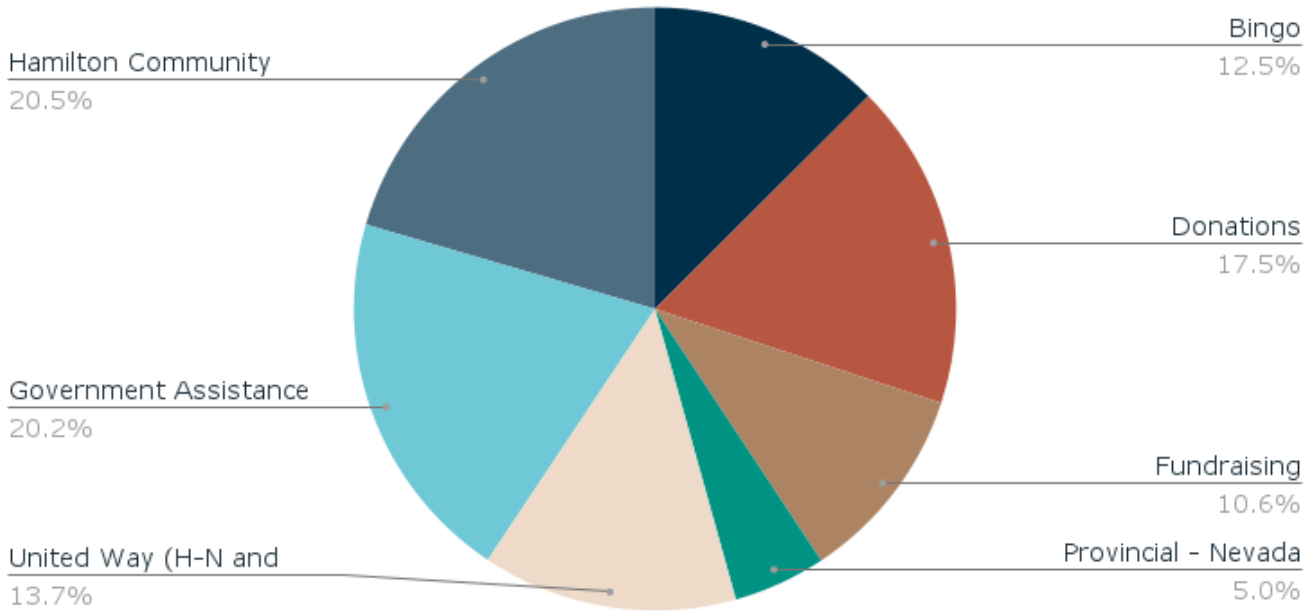
Bereaved Families of Ontario - Hamilton / Burlington
o/a **BEREAVED FAMILIES OF ONTARIO SOUTH CENTRAL REGION**

STATEMENT OF CASH FLOWS
DECEMBER 31, 2020

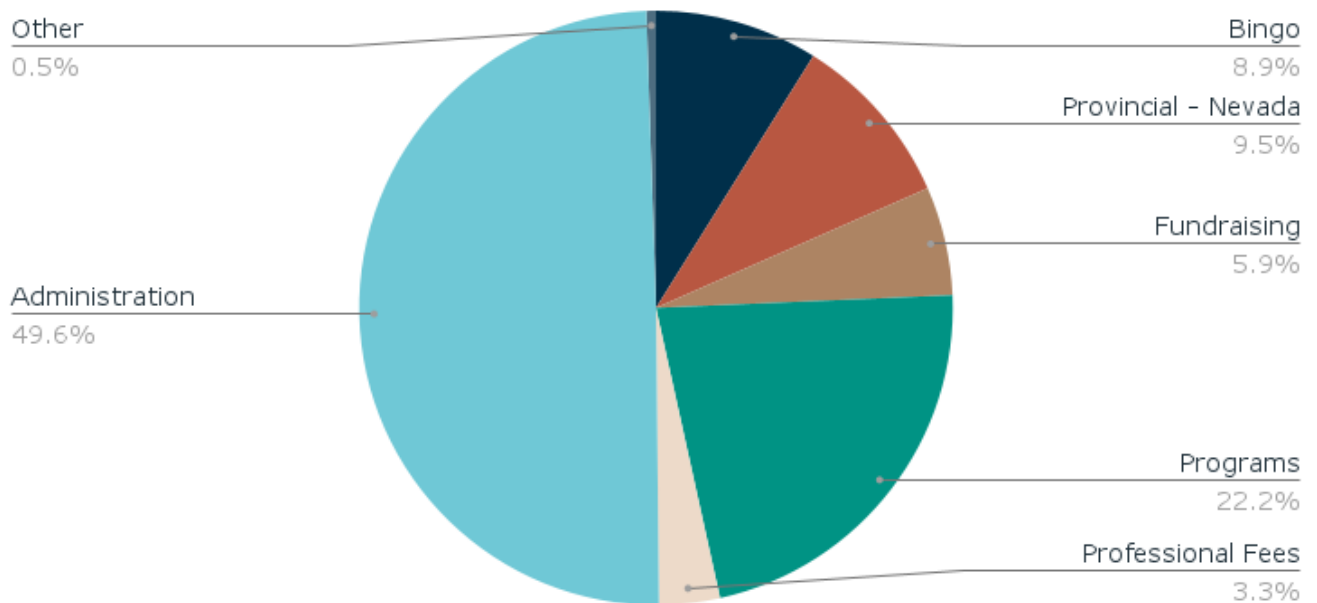
	<u>2020</u>	<u>2019</u>
OPERATING ACTIVITIES		
<i>Deficiency of Receipts Over Expenditures for the year</i>	\$ (5,143)	\$ (19,890)
Items not requiring an outlay of cash		
<i>Depreciation</i>	<u>270</u>	<u>358</u>
	(4,873)	(19,532)
Changes in Working Capital		
<i>Accounts receivable</i>	3,403	(4,153)
<i>HST rebate recoverable</i>	5,612	(3,398)
<i>Property tax grant receivable</i>	-	538
<i>Government assistance receivable</i>	(2,591)	-
<i>Inventory</i>	(265)	(98)
<i>Accounts payable and accrued liabilities</i>	3,873	(105)
<i>Source deductions payable</i>	9,728	1,671
<i>Deferred revenue</i>	<u>-</u>	<u>(1,500)</u>
	19,760	(7,045)
Net Cash Provided by (Used in) Operating Activities	14,887	(26,577)
Net Increase (Decrease) in Cash	14,887	(26,577)
<i>Net Cash, beginning of year</i>	<u>45,354</u>	<u>71,931</u>
Net Cash, end of year	\$ <u>60,241</u>	\$ <u>45,354</u>

See accompanying notes to the financial statements
D.M. Austin, CPA, Brantford, Ontario

2020 Financial Receipts - Income



2020 Financial Expenditures



EVENTS

2020 Fundraising Events Review

- ~ 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 7th, 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 10th 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.
- ~ The 15th 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 ran our Family Tree of Lights Candlelight Vigil in December, where we sold the annual angel ornament, angel ornaments from previous years and received generous donations, raising a total of \$6640.00.

Thank you to everyone who has donated and participated in our 2020 fundraising events. Thank you to our fundraising event guest speakers, Christine Yanke, Bunny MacFarlane, Julie Brar, and Patricia Pearsell.

Thank you to our fundraising event musical performers, Kamara Hennessey (Burlington Concert Band), Ruby Tavares and Nadia Mattar.

2021 Fundraising Events

- ~ We ran our first Flowers of Spring Fundraising event in May, where we sold a variety of potted spring bulbs and arrangements to the community. We raised a total of \$1,700 towards our support programs for grieving children, teens and adults in our community.
- ~ Our Bottle Drive fundraising event was held in July. We collected bottles and cans from our community members and raised over \$600 towards our grief support programs.
- ~ Our 16th Annual Butterfly Release & Memorial Walk event was held virtually in September. During this event we raised over \$4,000 towards our grief support programs and services. A huge thank you goes out to our guest speakers, Lori Fraser, Erica London and Sindy Houle as well our musical performer, Kamara Hennessey (Burlington Concert Band).
- ~ We will be holding our annual Family Tree of Lights event on December 16th, 2021 where we will also be selling the 2021 angel ornament. This event will be held virtually again to ensure the health and safety of our volunteer, community and staff. Details about the event can be found on our website.

STRATEGIC PLAN

2021 - 2024

Quality and Education

Bereaved Families of Ontario - South Central Region will continue to provide high quality facilitator training workshops two to three times 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. We will continue to provide free educational sessions and grief support resources for our community and networking partners.

Build A Strong Foundation

We will continue to 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 will allow for the expansion of programs and services. Sustainability achieved by sourcing out applicable community and corporate grants, adapting fundraising events for community engagement, increasing donor connectivity 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. Enriching the diversity of grief support programs for our entire community including 2SLGTBQIA+ and Indigenous communities.

THANK YOU 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

Brian & Michelle Skinner
Dave McEachern
Don & Marlene Hall
Homer Smith
Howie Keown
Judy Dell
Juli Fyfe

Kamara Hennessey
Lina Alfano
Marlene Robertson
Michael & Lois Barr
Michelle Hache
Robin LeSage
Wendy Davidson

THIRD PARTY & COMMUNITY SPONSORS

Burlington Concert Band – Kamara Hennessey
Butterflies & Roses
CarStar
Clement Feierabend Professional Corporation
J&G Meats Ltd.
Kinderseeds – Sherri Crechiola (National Puddle Day)
Locke Street Brewery
Minuteman Press
Sweet Paradise Bakery – Hamilton Mountain

FACILITIES & EVENT SPONSORS

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



Bereaved Families of Ontario South Central Region

Inspiring hope • Providing support

OUR PROGRAM PARTNERS





Thank You

VOLUNTEERS

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

Keep checking in for what's new!

www.bfoscr.com



@bfoscr.hb



@BFOSCR



@bfo.scr

CONTACT US

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