



Bereaved Families of Ontario
South Central Region

Inspiring hope • Providing support



ANNUAL REPORT
2021 - 2022

A MESSAGE FROM OUR BOARD CHAIR

As we reflect on the past year, we can be proud of the accomplishments made by Bereaved Families of Ontario - South Central Region and the adaptability of all those within our organization to tackle the challenges associated with the ever-changing landscape created by the pandemic. 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 the last few years has equipped us with the ability to adapt and grow in the face of change. 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 care from our staff and volunteers.

Now we are transitioning into a mix of both in-person and virtual programming and events which brings on new challenges. Experiencing our return to an in-person Butterfly Release and Memorial Walk was poignant and powerful, seeing the BFO community coming together.

Needless to say, 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.

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, funding partners, community partners and supporters.

We are grateful to Krista Campure, our Executive Director. With her leadership and resilient spirit, we were able to stay attuned to the needs of the community through a changing environment while establishing more comprehensive programming. We would also like to thank Melissa Mancini for her dedication and contributions as our Program Coordinator, as well as all the practicum students and the many impacts they have made.

As my term as Chair comes to a close, I feel blessed to have been a part of the BFO family and to have witnessed the compassion and commitment of those involved in this organization to our mission and community at large.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "D VanderVeen". The signature is fluid and cursive, with a long horizontal stroke at the end.

Denise VanderVeen

A MESSAGE FROM OUR EXECUTIVE DIRECTOR & PROGRAM COORDINATOR

Over the past year we have been able to adapt and shift to the constant changes due to the ongoing pandemic. We have retained a virtual support platform for many of the grief support programs and services that we continue to offer for bereaved individuals and families as well as re-established in-person grief support programs to help reduce the barriers and access to support. We are extremely grateful for the financial assistance provided by Community Foundations of Canada over the past year to help keep our programs and services free and accessible for the community. With this funding, we have successfully launched a grief support program with the assistance of one of our Sheridan placement students studying social service work specializing in gerontology for seniors sixty years of age and older. This was an essential step in reducing isolation for our senior population and providing companionship during unprecedented times.

This led the way as we excitedly transitioned our Annual Butterfly Release and Memorial Walk back to an in-person event at Hidden Valley Park in Burlington back in June. Navigating through new policies and procedures related to the pandemic and park renovations, we were awarded with the pleasure of interacting and engaging with our community members and supporters during this very successful and well attended event. We are looking forward to next year's Butterfly Release and Memorial Walk event.

We would like to take a moment to thank each and every volunteer, sponsor, supporter and donor for all your support, time, energy and compassion. Without you we would not exist. Thank you for your commitment, dedication and encouragement.

As this inspires hope and positive change moving forward, we are thrilled to announce that Ontario Trillium Foundation has accepted our grant proposal for sustaining our current grief support programs and services, as well as essential funding to create a grief support program and facilitator training for an LGBTQIA+ grief support program. We are in the early stages of the program research and development, but we are excited to expand into creating and cultivating a safe space for the LGBTQIA+ community to access much needed support and services. We will keep everyone informed of our progress and the official launch of this grief support program.

Now that we are heading well into the second half of 2022, we will continue to provide both virtual and in-person support based on the demographic and geographic needs of the group participants for our fall and winter program schedule. As we are continually adapting and expanding, we will continue to provide enriched and enhanced facilitator training for both new recruitment and current facilitator and staff education.

We are looking forward to our next community event, our annual Family Tree of Lights Ceremony in December. Save the date for December 15th, 2022!

With extreme gratitude,

Krista Campure, Executive Director

Melissa Mancini, Program Coordinator

BFO-SCR TEAM

BOARD OF DIRECTORS

CHAIR – Denise VanderVeen

VICE CHAIR – Ryan Moffat

DIRECTOR – Colleen Lowe

DIRECTOR – Sarah Rock

STAFF

EXECUTIVE DIRECTOR – Krista Campure

PROGRAM & VOLUNTEER COORDINATOR – Melissa Mancini

PROFESSIONAL ADVISORY COMMITTEE (PAC)

Lucinda Landau

Angela Brooks

Rebecca Wasser (2021)

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

ADULT 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 18+ years of age, for any type of loss and at any point in your grief. Support after the death of a parent, grandparent, sibling, relative, partner, spouse, or friend.

ADULT BEREAVEMENT DROP-IN SUPPORT PROGRAM

(HEALING WITH HOPE OPEN)

Held virtually two times per month for a total of 4 sessions per season.

Adults 18+ years of age, for any type of loss and at any point in your grief. Support after the death of a parent, grandparent, sibling, relative, partner, spouse, or friend.

MAID SUPPORT PROGRAM – MEDICAL ASSISTANCE IN DYING

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

SENIOR SUPPORT PROGRAM

8-week grief support program held in-person.

Adults 60+ years of age, for any type of loss and at any point in your grief. Support after the death of a parent, grandparent, sibling, relative, partner, spouse, or friend.

YOUNG ADULT GRIEF SUPPORT

Drop-in 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.

BFO-SCR PROGRAMS

YOUTH PROGRAMS

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

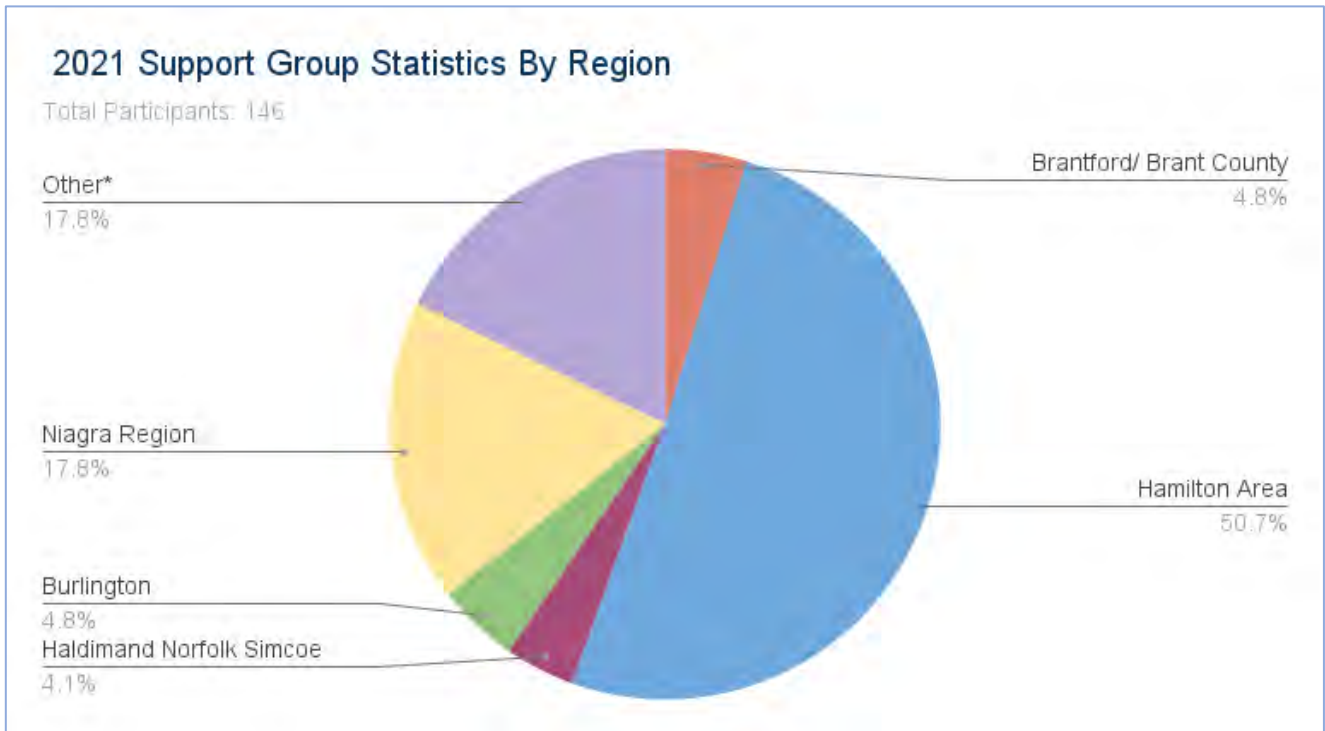
Held as a one-day workshop offered in collaboration with Hamilton District Public and Catholic School Boards. Drop-in support program for teens aged 13-19 years, who have experienced the death of a loved one.



COMMUNITY IMPACT

2021 HIGHLIGHTS

- ~ Our volunteers devoted over 1991 hours of program, event, and office support.
- ~ We continued to provide virtual support programs as we continued to navigate through the pandemic alongside a substantial increase in one-to-one support sessions provided by volunteers and staff.
- ~ We held three facilitator training sessions in March, August, and November where we recruited 9 new volunteers.
- ~ We have a total of 50 volunteers at BFO-SCR.
- ~ With most of our support groups running virtual, we have been able to successfully reach a larger population and broader geographic area.
- ~ Our support groups have reached across Hamilton, Burlington, Brantford, Haldimand-Norfolk, and Niagara region, as well as a variety of other areas outside of our catchment region including Toronto, Scarborough, St. Thomas, Woodstock, Guelph, etc.



*Areas such as: Toronto, St. Thomas, Barrie, Innisfil.

**Majority of participants took place in the MAiD grief support program and the Adult Bereavement Drop-In Support Program.

2021 SUPPORT PROGRAMS

~ Total of 146 Participants

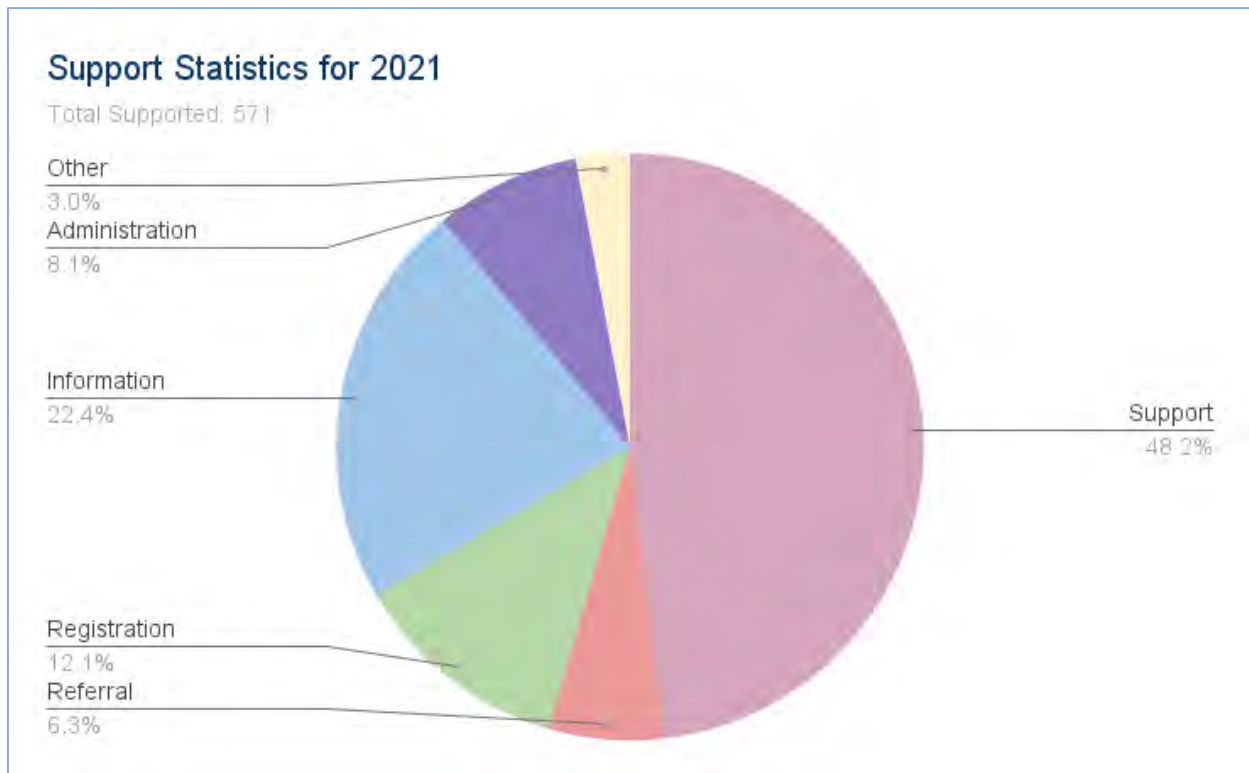
CLOSED GROUPS

- Winter 2021 – 4 Programs
- Spring 2021 – 4 Programs
- Fall 2021 – 4 Programs

OPEN/DROP-IN GROUPS

- Winter 2021 – 3 Programs
- Spring 2021 – 3 Programs
- Summer 2021 – 1 Program (Adult Bereavement)
- Fall 2021 – 2 Programs

PHONE SUPPORT STATISTICS



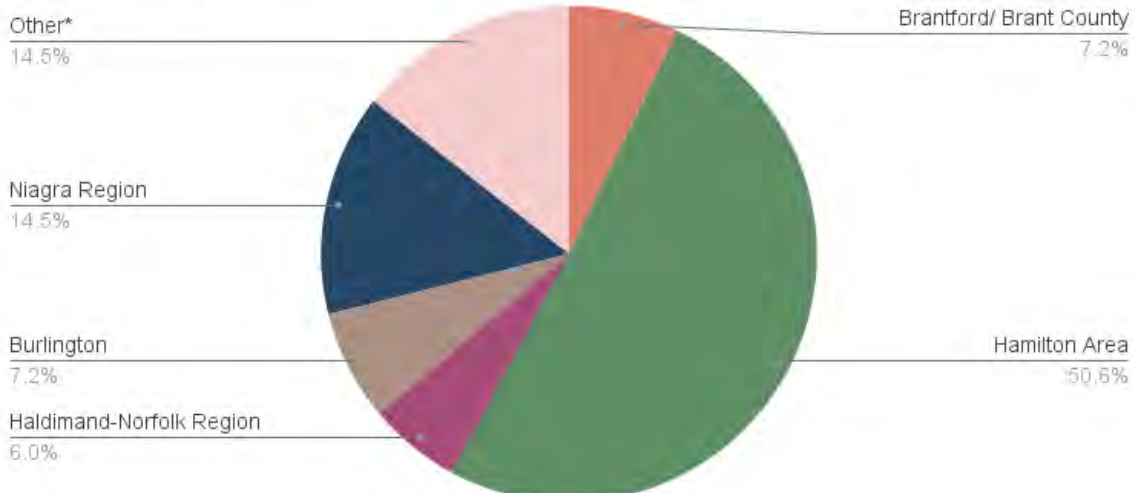
COMMUNITY IMPACT

2022 Highlights

- ~ We successfully utilized the funding granted to us by Community Foundations of Canada - Canada Healthy Communities Initiative, which provided funding through 2021 and early 2022.
- ~ We were able to provide educational workshops and support for Grand Council Treaty #3 in Kenora in late January and February for teachers, social workers, counsellors, leadership staff and council members.
- ~ We were recruited to by the Hamilton Family Health Team to provide a free workshop in April 2022 to discuss the needs of grieving children and adolescent in the community. We were also able to educate the HFHT on all the different programs, services and resources within our organization to enrich the services and support network for families in the community.
- ~ We were granted funding by Ontario Trillium Foundation – Resilient Communities Fund for our adult and youth grief support programs, as well as the for development of an LGBTQIA+ grief support program.
- ~ We revealed, recognized, and removed the barriers to access care for our senior community and caregivers of children by launching and reinstating these grief support programs safely back in-person. The first senior grief support program was launched in March and successfully ran for 8-weeks at L.G. Wallace Funeral Home. Our TLC/CSC grief support program returned in May 2022.
- ~ With majority of our support groups continuing to run virtually, 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.

2022 Support Group Statistics By Region

Total Participants: 83



TESTIMONIALS

“I really enjoyed group! I am so glad I was able to have a safe space where I could share my story and develop tools to navigate through my grief moving forward. Since participating in group, I have been able to have conversations with others about what I need from them to help me cope with my loss.”

– Pregnancy & Infant Loss Spring 2021



“The facilitators were so generous in sharing their own personal experiences. And so kind on those really tough days when I thought I was losing my mind as I'd become so emotional. So grateful.”

– Healing with Hope Spring 2022

“Anyone who is struggling with grief should partake in this amazing program. It is truly incredible that the Facilitators have lost a loved one so they can completely understand our pain. That made it so much more real.”

– Bereaved Parents Winter 2022



“This group was like a life raft for me, I hate to see it end. Thank you!!!”

– MAiD Fall 2021

Auditor: Tom Zancola, CPA, - Guyatt + Moffatt CPA, Ancaster, Ontario

BEREAVED FAMILIES OF ONTARIO - HAMILTON / BURLINGTON
Statement of Revenues and Expenditures
Year Ended December 31, 2021

	2021	2020
REVENUE		
Bingo (<i>Schedule 1</i>)	\$ 14,290	\$ 12,236
Community Foundation	25,248	-
Donations	5,827	17,106
Fundraising	13,785	10,397
Grand Council treaty	8,845	-
Hamilton Community Foundation	-	20,000
Provincial Nevada (<i>Schedule 2</i>)	8,150	4,858
United Way	625	13,375
	<u>76,770</u>	<u>77,972</u>
EXPENDITURES		
Grants and Fundraising		
Bingo expenses (<i>Schedule 1</i>)	15,810	9,144
Community Foundation	17,467	-
Fundraising	3,842	6,075
Grand Council Treaty	7,810	-
Hamilton Community Foundation	790	18,811
Nevada expenses (<i>Schedule 2</i>)	7,151	9,777
United Way	11,552	3,008
	<u>64,422</u>	<u>46,815</u>
Operating		
Amortization	205	270
Bank charges	1,463	-
Office expenses	506	1,281
Professional fees	3,438	3,399
Wages and benefits	41,515	51,026
	<u>47,127</u>	<u>55,976</u>
	<u>111,549</u>	<u>102,791</u>
DEFICIENCY OF REVENUE OVER EXPENDITURES FROM OPERATIONS	(34,779)	(24,819)
WAGE SUBSIDY (<i>Note 6</i>)	21,163	19,677
DEFICIENCY OF REVENUE OVER EXPENDITURES	\$ (13,616)	\$ (5,142)

Auditor: Tom Zancola, CPA, - Guyatt + Moffatt CPA, Ancaster, Ontario

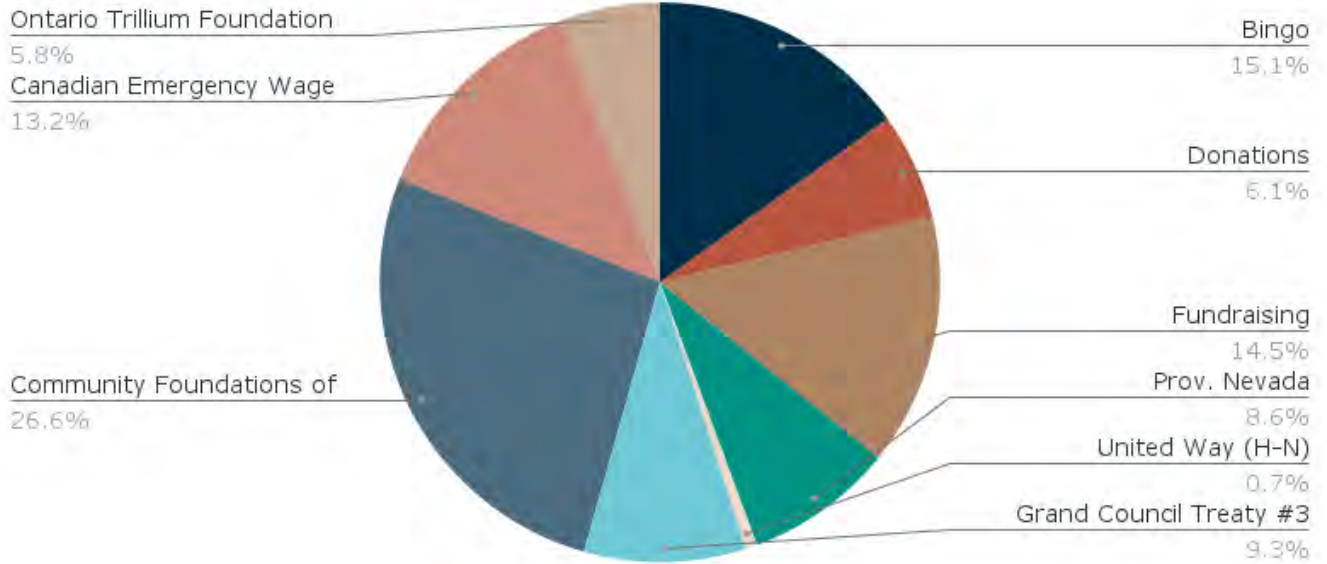
BEREAVED FAMILIES OF ONTARIO - HAMILTON / BURLINGTON

Statement of Cash Flows

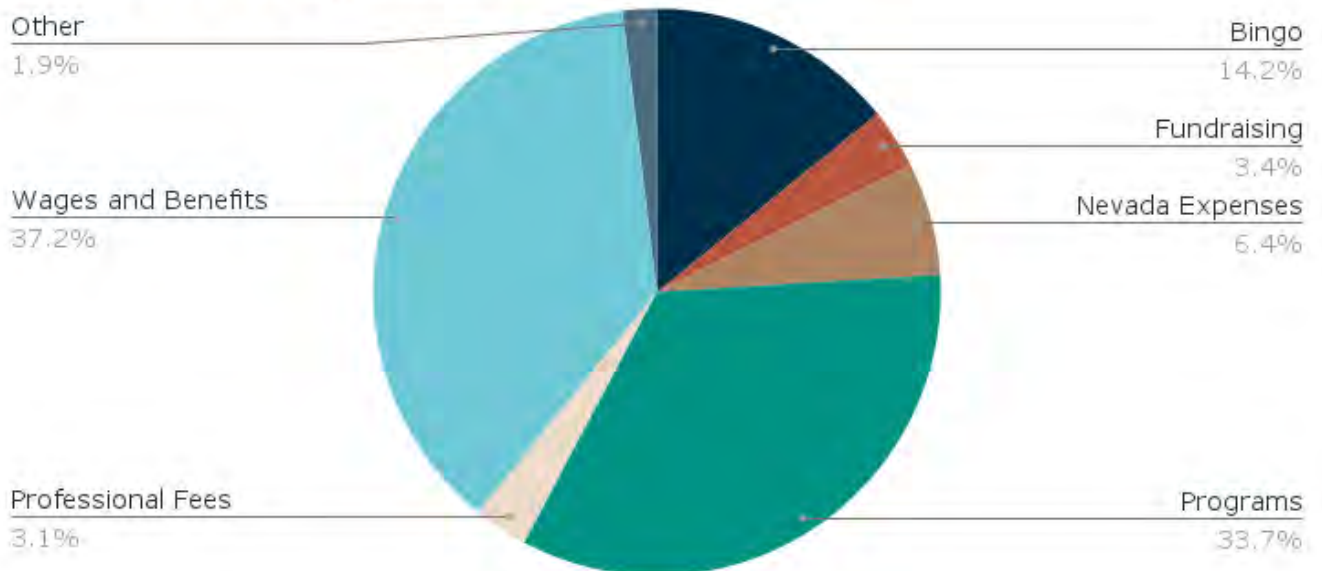
Year Ended December 31, 2021

	2021	2020
OPERATING ACTIVITIES		
Deficiency of revenue over expenditures	\$ (13,616)	\$ (5,142)
Item not affecting cash:		
Amortization	205	270
	(13,411)	(4,872)
Changes in non-cash working capital:		
Amounts receivable	7,112	812
Inventory	37	(265)
Accounts payable & accrued liabilities	(5,117)	5,080
Prepaid expenses	2,000	-
Harmonized sales tax payable	(1,920)	5,612
Employee deductions payable	(4,548)	8,520
	(2,436)	19,759
INCREASE (DECREASE) IN CASH FLOW	(15,847)	14,887
CASH - BEGINNING OF YEAR	60,241	45,354
CASH - END OF YEAR	\$ 44,394	\$ 60,241

2021 Financial Receipts - Income



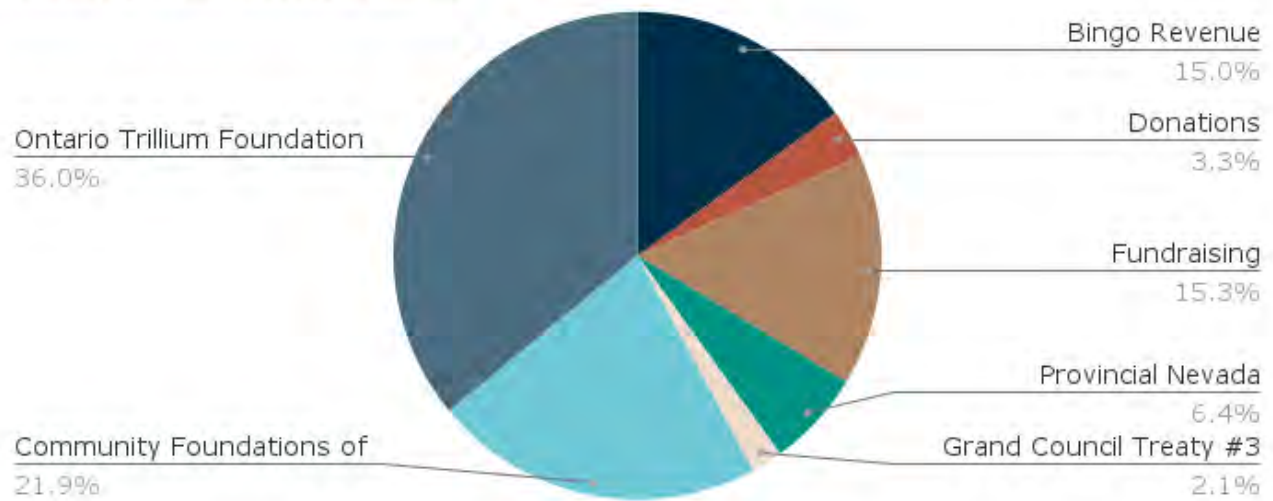
2021 Financial Expenditures



A GLIMPSE INTO 2022

2022 Financial Receipts - Income

(January 1 to June 30, 2022 Estimated)



EVENTS

2021 Fundraising Events in Review

- ~ 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.
- ~ Our Bottle Drive fundraising event was held in July. We collected bottles and cans from our community members and raised over \$600.
- ~ Our 16th Annual Butterfly Release & Memorial Walk event was held virtually in September. During this event we raised \$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). Thank you to Smith's Funeral Homes for sponsoring this event.
- ~ Our Annual Family Tree of Lights event in December was held virtually again. During this event we raised \$5,000 towards our grief support programs and services for children, teens and adults in the community. A huge thank you to our event sponsor, Dodsworth & Brown Funeral Home – Burlington Chapel. Thank you to Szilard Hronyecz, Ruby Tavares and Nadia Mattar for their musical performances during the ceremony.

Thank you to everyone who has donated and participated in our 2021 fundraising events.

Thank you to our fundraising event guest speakers, Lori Fraser, Erica London and Sindy Houle.

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

A huge thank you to our amazing volunteers, donors, sponsors, and supporters.

2022 Fundraising Events

- ~ We ran our second Flowers of Spring Fundraising event in May, where we sold a variety of potted spring bulbs, arrangements and hanging baskets to the community in celebration of the women in their lives. We raised a total of \$3,495 for a net profit of \$2,457 towards our support programs for grieving children, teens, and adults in our community. Thank you to our volunteers for organizing, distributing and delivering the flower orders.
- ~ Our 17th Annual Butterfly Release & Memorial Walk event was finally held in person at Hidden Valley Park in Burlington on June 26th. During this event we raised over \$8,000 giving us a net profit of \$6,010 towards our grief support programs and services. Thank you to our event sponsor Smith's Funeral Homes and our memorial walk sponsor, Minuteman Press in Hamilton, as well as our musical performers Szilard Hronyecz, Nigel and Stephanie, as well as the Burlington Concert Band. Thank you to Chef Mike, who led our BBQ station. Thank you to all who attended, supported, donated, and purchased butterflies. A huge thank you to our volunteers who helped organize, manage, and run the event!
- ~ Save The Date: Our Annual Family Tree of Lights event will be held in person this year on December 15th, 2022, at Dodsworth & Brown Funeral Home in Burlington. Our signature angel ornaments will also be available to purchase before and during the event. More information will be released shortly.



Thank you to everyone who has donated and participated in our 2022 fundraising events so far. Thank you to our fundraising event musical performers, Szilard Hronyecz, Nigel and Stephanie, and the Burlington Concert Band. And of course, thank you to our dedicated volunteers, supporters, donors, and sponsors.



STRATEGIC PLAN

2022 – 2025

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, sponsors, funders, 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. Utilizing social media platforms, networking opportunities, community events and marketing material distribution.

Expand our Support Services in our Community

Evolving to provide grief support services virtually during community crisis, increasing accessibility, removing barriers to access care and increase program availability. Enriching the diversity of grief support programs for our entire community including LGBTQIA+, Indigenous communities, and disenfranchised grieving community. We are currently working on developing a grief support program for the LGBTQIA+ community funded by the Ontario Trillium Foundation.

THANK YOU TO OUR SUPPORTERS

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

GUARDIANS OF HOPE

Artur Filc	Kamara Hennessey
Brian & Michelle Skinner	Lina Alfano
Brooke King	Lori Fraser
Cindy deNobriga	Michael & Lois Barr
Dave McEachern	Ralph Laidlaw
Don & Marlene Hall	Ryan Moffat
Homer & Marg Smith	S. Gail Shelley
Jennifer Newman	Wendy Davidson
Judy Dell	

THIRD PARTY & COMMUNITY SPONSORS

Burlington Concert Band – Kamara Hennessey	Longos
Butterflies & Roses	Minuteman Press
Canadian Tire	Ruby's Secret Garden
East Mountain Massage	Shawn & Ed Brewery (SHED)
Hamilton Civic Museums	St. Augustine's Catholic Women's League
Kinderseeds – Sherri Crechiola (Puddle Day)	Sweet Paradise Bakery – Hamilton Mountain
Kitchen Island	The Collins Brewhouse
Knits 'n Knots	The Other Bird
	Thompson Hart Real Estate Team

FACILITIES & EVENT SPONSORS

Bay Gardens & Bayview Funeral Home
Circle of Life Cremation and Burial Centre – Dundas
Cresmount Funeral Home – Fennell Chapel
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 2021 & 2022 PROGRAM PARTNERS



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario





Thank You

TO OUR AMAZING
VOLUNTEERS!



South Central Region

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

Bereaved Families of Ontario - South Central Region
300 Fennell Avenue East, Suite 2B
Hamilton, Ontario L9A 1T2

905-318-0070

programming@bfoscr.com