



2019-2020

**CENTRE FOR
GRIEF & HEALING**

ANNUAL REPORT

MAKING A DIFFERENCE

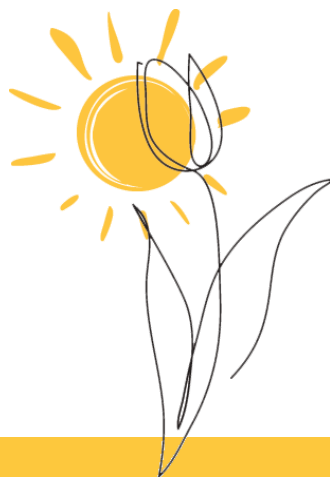


CENTRE FOR GRIEF & HEALING
Bereaved Families of Ontario -
Halton / Peel



Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.

~ Earl Grollman



The Centre for Grief & Healing Bereaved Families of Ontario - Halton/Peel is a registered non-profit charitable organization offering compassion and care for individuals dealing with the death of a loved one.

We are 1,271 members strong


Registered Charity #118803667RR0001

ABOUT US

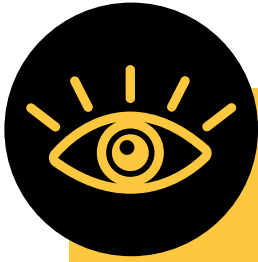
We are an inclusive community fostering hope and healing for people grieving the loss of a loved one.

In 1977, John McKibbon, part of the chaplaincy department of the Hospital for Sick Children in Toronto, whose own daughter had died of leukemia, initiated a parental bereavement support program endorsed by the hospital's chaplain, Hugh Gemmell. Margaret Darte, Marilyn Lee, Diane Oakes Foster and Irene Clarfield, participants in this program then became involved in the development of a bereavement support program now known as Bereaved Families of Ontario (BFO).

In 1989, Bereaved Families of Ontario - Halton / Peel became a Registered Charity committed to supporting grieving individuals and families. We are one of eleven affiliates located throughout Ontario, all with strong community spirit that mirrors the commitment made by volunteers and staff. BFO programs are facilitated by trained volunteers who are themselves bereaved.

A black and white photograph of a city street with tall, multi-story brick buildings. The perspective is looking down the street, with buildings on both sides. The image is dark and moody, with some windows lit up.

We are the bereaved helping the bereaved learn to live with grief. We empower grieving individuals and families by providing inclusive mutual support programs, fostering hope and healing, and educating the public to help reduce the stigma surrounding grief and bereavement.



OUR VISION

To be the recognized leader in the Halton-Peel Community in support of grief and healing.

OUR MISSION

To provide inclusive mutual support, improved awareness and education about grief, that fosters hope, healing and improved health and wellness outcomes in the Halton-Peel community.





MESSAGE FROM THE CHAIR OF THE BOARD AND EXECUTIVE DIRECTOR

Dear Members,

"Never underestimate the valuable and important difference you make in every life you touch for the impact you make today has a powerful rippling effect on every tomorrow" - Leon Brown. This year's Annual Report is focused on the theme of "Making a Difference", a very timely philosophy that our organization proudly embraces. With recent global events at the forefront of everyone's thoughts, making a difference, both locally and globally, is more important than ever before. We are proud that our work continues to impact the communities we serve, by helping people regain their sense of purpose and self after loss. Grief continues to be a taboo and stigmatized issue that we strive to bring awareness and education to. Our organization remains committed to being the leader in support of grief and healing.

This past year brought many positive changes to Bereaved Families of Ontario – Halton/Peel. We rebranded under our new Centre For Grief & Healing banner with a new logo and more interactive and informational website. We increased our social media presence, launched a quarterly "Hope Report" newsletter, and developed a series of educational Community Grief Talks. We collaborated with the Canadian Palliative Care Association for National Bereavement Day, and launched a successful "Say Their Name" Video Campaign, honouring the lives and memories of our loved ones. We continued to develop tools to measure impact in meaningful and robust ways, ensuring our programs and services were meeting the needs of our participants.

The Centre For Grief & Healing saved my life. I had no desire to live without my son, but I now realize I need to live because of my son. This group understands me, like no one else does.

**- Group Participant,
Centre For Grief & Healing**

With a strategic focus on engagement, we saw increased referrals from community organizations, expanding our reach and awareness. We strengthened our existing relationships with school boards, colleges, mental health and social welfare organizations. We developed new relationships with long term care facilities, homeless shelters, newcomer organizations, hospitals, and charitable and government agencies. Looking ahead, we have set important goals to further increase our impact in Halton & Peel. We continue to explore Traumatic Grief, Substance Abuse Loss, and Diversity & Inclusion. As COVID-19 continues to impact our face-to-face interactions, we continue to look for innovative solutions to virtually connect with our members and provide meaningful and timely support.

Our work could not be done without the dedication and passion of our team and their families, volunteers, funders, donors and community partners. We are humbled by their willingness to make a difference in the lives of the bereaved. We have cried, laughed, remembered and shared with a record breaking number of participants this past year. They have shared their lows, their highs and their personal stories with us in a way that is as unique as our organization. We have heard time and time again, how we are actively “Making a Difference”. We look forward to continuing our important mission to provide hope and healing in the communities that we serve.

With warm regards,

Richard Sheppard, Chair of the Board
Andrea O'Reilly, Executive Director



OUR VOLUNTEERS MAKE A DIFFERENCE

A special thank you to each and every one of our valued volunteers. We are so fortunate to have a dedicated team of individuals who provide leadership, facilitate Grief Support Groups, help organize our events, and participate on our Board, Professional Advisory Committee and Subcommittees.

This year, 40 Volunteers gave over 600 hours of their time to our organization!

OUR TEAM MAKES A DIFFERENCE

PROFESSIONAL STAFF

Andrea O'Reilly, Executive Director

Julia Duz, Youth & Adult Program Coordinator

Victoria Berry, Outreach Worker

Eran Derandonyan-Asombang, Financial Bookkeeper

Special thank you to our outgoing team member **Anna Lisa Balenzano**, for her dedication and contribution in 2019

2019/2020 BOARD OF DIRECTORS

Richard Sheppard, Chair

Adrienne Jaroslowski, Secretary

Bikram Deol, Treasurer

Naveli Gandhi, Social Media & Marketing

Janice Moro, Fundraising

Susan Palijan, General

Ashley Pereira, General

Julia Suk, Governance

Mayuran Vallipuram, Finance & General

PROFESSIONAL ADVISORY COMMITTEE

Martha Brunet, MSW, RSW

Dr. Flavia Ceshin, PhD

Poonam Patel, MSW, RSW

Deana Slater, M.Ed, RSW

OUR PROGRAMS & MEMBERS MAKE A DIFFERENCE

Support Program	2018 Outcomes	2019 Outcomes
One to One Support for Children Aged 6-13	n/a	Provided 5 individual peer support grief healing sessions
One to One Support for Youth Aged 14-29	Provided 62 individual peer support grief healing sessions	Provided 56 individual peer support grief healing sessions
One to One Support for Adults	Provided 226 individual peer support grief healing sessions	Provided 268 individual peer support grief healing sessions
Total 1:1 Support Sessions	288	329
Total Youth Community Event and Group Participation by Year	1325 Youth	1202 Youth
Total Adult Community Event and Group Participation by Year	907 Adults	953 Adults

INDIVIDUAL PEER SUPPORT SESSIONS

We want to ensure that every grieving child, teen, adult and family has the opportunity to share their feelings, thoughts and story in a safe, non-judgmental space. For some, group settings might not be the best option, therefore we also offer individual peer support sessions where you can talk to a staff member individually.

GRIEF SUPPORT GROUPS

Losing a loved one can be overwhelming. Our open grief support groups offer peer support and education for those experiencing a loss of a loved one. Our open groups are held in a supportive environment that fosters hope and healing. They provide individuals with the opportunity to learn, share, and engage in conversation that will help reflect upon and work through their grief.

OUR OUTREACH MAKES A DIFFERENCE

NAVIGATING THROUGH GRIEF

We currently offer three versions of our Navigating Through Grief Workshop:

- (1) for professionals seeking further knowledge and skills regarding grief & loss.
- (2) for corporations or organizations that have experienced a loss of an employee.
- (3) for all individuals looking for further knowledge regarding what grief is and ways to cope with loss.



It was a very interactive and informative workshop...I feel that I am better equipped to support the clients I work with.

**- Staff at the Dufferin-Peel
Catholic District School Board**

2019 FINANCIAL REVIEW

Statement of Financial Position as of December 31st, 2019

ASSETS	2018	2019
Cash and cash equivalents	130,031	151,550
Accounts receivable	3,475	1,034
Prepaid expenses	1,778	2,773
Due from affiliates	2,782	1,959
Capital assets	4,520	2,592
TOTAL ASSETS	\$142,586	\$159,908

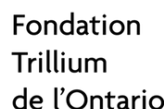
LIABILITIES	2018	2019
Accounts payable & accrued liabilities	7,414	12,046
Gov't remittances payable	2,088	2,149
Due to affiliates	1,030	1,609
Deferred contributions	33,247	37,543
Deferred contributions; cap assets & database	1,698	911
TOTAL LIABILITIES	\$45,477	\$54,258

NET ASSETS	2018	2019
Unrestricted net assets	79,287	80,469
Invested in capital assets	2,822	1,681
Internally restricted	15,000	23,500
TOTAL NET ASSETS	97,109	105,650

TOTAL LIABILITIES & NET ASSETS	\$142,586	\$159,908
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OUR FUNDERS MAKE A DIFFERENCE

Our sincere thanks to our Funders & Donors



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



WHAT OUR COMMUNITY IS SAYING

“

For my first time, I was relatively comfortable and found hearing others' stories helpful. I don't feel so alone anymore.

- Guardian Loss Group Participant

Really glad we have this group to come to. Thank you for listening.

- Child Loss Group Participant

Enjoy coming to these meetings, sharing and listening to others share their experiences and learning how they deal.

- Mixed Loss Group Participant

A great place to go through the process safely.

- Guardian Loss Group Participant

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**Centre For Grief & Healing
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