



BEREAVED FAMILIES OF ONTARIO–DURHAM REGION

SUMMER BULLETIN

"Bereaved helping the bereaved learn to live with grief"

ISSUE 3

www.bfodurham.net

2017

UPCOMING FUNDRAISERS

Summer is upon us with lots of rain and hopefully, hot temperatures in the future and we hope you are staying dry, 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 will be taking place between now and the end of September and we hope to see you there!



7TH ANNUAL RIDE TO REMEMBER JULY 25, 2017.
MORE INFORMATION AVAILABLE ON BFO-D WEB SITE OR
CONTACT RIDE.TO.REMEMBER.BRENT@GMAIL.COM



BEACH BASH DANCE SEPTEMBER 30, 2016. MORE
INFORMATION AVAILABLE ON BFO-D WEB SITE OR CONTACT
THE BFO-D OFFICE.

DOOR PRIZE DONATIONS NEEDED.



BIKE, BLADE OR BOARD FOR BLAKE SEPTEMBER 9, 2017. SEE
PAGE 2 FOR MORE INFORMATION.

BIKE, BLADE OR BOARD FOR BLAKE 2017

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 SEPTEMBER 9, 2017

REGISTRATION: 9:00 a.m.

WALK: 10 a.m. – 11 a.m.

BBQ: 11:30 a.m.

SPEAKERS AND DRAWS: 11:30 a.m.

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 and pledge form.

LAUREN WRIGHT MEMORIAL 2017 SLO PITCH TOURNAMENT

On Saturday June 10, 2017 our family hosted a co-ed slo pitch baseball tournament in Lauren's name, with proceeds being directed to BFO-Durham Region and Kid's Help Phone. Proceeds for the day amounted to \$3,414.00, BFO-D and Kid's Help Phone will each receive \$1,707.00.

Registration began at 8 am with the first games starting at 8:30, and everything wrapped up by about 4:30 pm. Ten teams signed up for the tournament with each team playing four 50 minute games throughout the day. It looked like everyone had fun and reaction from all was very positive, enough so that we will very likely be doing this again next year!

Community sponsorship was very much appreciated, we had several local businesses and individuals who sponsored the tournament with either cash donations or items for the raffle table. Included were Almost Perfect, Smokes Pouterie, Joosten Masonry, Angstrom Communications Inc., Coast Wholesale Appliances, D. G. Biddle & Associates, Savers Drug Mart, Maple Leaf Sports and Entertainment, and Holland Lumber.

A special thank you to everyone who came out to volunteer, play, or just cheer everyone on! It was a fantastic day of fun and I know Lauren would have enjoyed it.



UPDATES

MOTHERS' GROUP

If you are interested in registering for this group, please contact Jane at the office. Date to be announced; please check with office.

FATHERS' GROUP

If you are interested in registering for this group, please contact Jane at the office. Date to be announced; please check with office.

2018 MOTHER'S RETREAT

Save the date for the 18th Annual Retreat for Bereaved Mothers March 9-11, 2018 at the Villa St. Joseph, Cobourg. See below for more information or call the office.

18TH ANNUAL MOTHERS' RETREAT

Hearts of Stone, Hearts of Love: the paradox of maternal mourning

March 9-11, 2018

The 19th Annual Mothers' Retreat will be examining our unique experience of mourning the loss of our children. As a society we are encouraged to stay strong when what we need is to experience our grief. We are encouraged to find closure when every mother who has experienced the loss of her child realizes there is no closure or getting through your grief but there is incorporating the experience into our lives.

This weekend is dedicated to you and your healing process. As a group we will be sharing our special memories of our children during a session dedicated to what we hold dear about our child. Through ritual, candle lighting, music, dance and meditation we will be honouring our lives and the lives of our children as we focus on our own personal and spiritual growth.

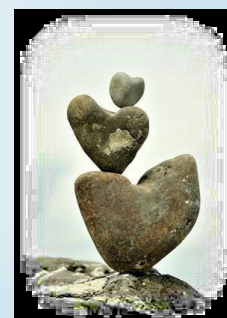
The retreat runs from Friday at 7 p.m. until after lunch on Sunday.

Place: Villa St. Joseph Retreat and Ecology Centre

445 Monk St. Cobourg, Ontario

Contact: Susan Hendricks at (204) 488-8334 or email: susan.hendricks@ymail.com

Contact: Joyce MacIntyre at (905) 642-8771 or email: joycemacintyre@rogers.com



Further information on costs and registration will be available in the next newsletter.

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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CHARITABLE REGISTRATION #86169880RR0001

DONATIONS

IN LOVING MEMORY OF

Jean McCully
From Gail Elliott

Jean McCully
From Edith Beavis

John Matthews
From Bill and Joyce Foreman

Emma Stevenson and Duane MacIntyre
From Bernie and Joyce MacIntyre

THE FOLLOWING DONATIONS WERE RECEIVED AT BFO-D

Toronto Professional Fire Fighters Association—\$500.00

Newton-Trelawney Property Management, Donation for Racquel's Chair—\$200.00

Robert Munshaw, Donation towards Beach Dance - \$200.00

Unifor Local 222, Donation towards Beach Dance—\$300.00

Terracycle Canada UL3—\$100.00

Boston Pizza Bowmanville—\$700.00

Through Our Children Remembered on BFO-D Web Site

In Loving Memory of

Violet Louise Davidson

whose 20th birthday would be on July 11, 2017

We love you and miss you so much, especially on this, the first year your are not here

Love, Mum, Daddy, Elizabeth, Victoria and Eric

