

Annual Report

Bereaved Families of Ontario Southwest Region



2018

year at a glance

870
MEMBER
FAMILIES

70
volunteers

volunteer
hours
2220

200
external
newsletters
per month
PASSAGES

900
member
newsletters
per month

560
gifts in kind

86
REFERRALS

1800
books & resource
materials in the
Darren Walsh
Memorial Library

324
childrens names
engraved on the
Memory Wall
in the garden

4 COMMITTEES
PROFESSIONAL ADVISORY
FUNDRAISING
PUBLIC AWARENESS
EXECUTIVE

7 EVENTS
OF
PARTICIPANTS

Walk to Remember 200 +
Butterfly Release 300
Summer Night Run 400
Memory Links Golf 100
Ladies Night Out 230
Angel Tree 300 +
Candlelight Service 230

message from our president



Dear Members,

It is a pleasure to be addressing you as the new President of Bereaved Families and report on the successes and transitions of the past year.

Programs including our Mother's and Father's Meetings have seen growth over the last year, and through the use of social media, we are transforming the way we communicate with our membership and the general public. The engagement we have seen on Facebook and Instagram is fantastic and we look forward to using these digital platforms to continue to expand our reach.

A special welcome to our new Board Members! We look forward to working with a collection of new teammates, and recognize the current board members who will help us see the organization through a time of transition. We are pleased to have Bronagh Morgan rising to the occasion and bringing a great sense of enthusiasm to Bereaved Families. We wish Cathy Howe the best in her next adventure.

And this year after 35 years of service, Cathy Walsh will be leaving us - with big shoes to fill! We will do our best to continue her legacy within the organization and wish her all the best as she retires. Good luck with everything that you do, Cathy.

I look forward to the challenges that the next year will bring!

Kevin Belanger
President

words from our founder

This message could easily begin by saying, there are no words. However, there are many, many words, feelings and an abundance of reflections I hold close to my heart.

Over the past 35 years, the members of Bereaved Families have continued to inspire and impress me. The grace and courage I have been privileged to be part of has shown me the strength and determination of the human spirit.

Grief, being a healthy response to the devastating death of a child does not have to be carried alone. While each of us are unique, we navigate the journey best with a group of like-minded people. The wisdom and empathy shared cannot be measured. Our volunteers are harbingers of hope and I extend my most sincere appreciation to each and every one of you.

I have loved being with you all and as I retire I reflect on the unconditional support that has been offered me over the last 35 years and offer my most sincere gratitude and thank you! It's hard to believe it's over! I will treasure our time together and will always keep you in my heart.

Cathy Walsh



Communicating with our membership:



MONTHLY NEWSLETTERS



DARREN WALSH MEMORIAL LENDING LIBRARY



NEW MEMBER INFORMATION PACKAGE



'PASSAGES' ASSOCIATES NEWSLETTER

Transforming the way we interact with with our members.



WEBSITE BFOLONDON.CA



FACEBOOK.COM /BFSOW



INSTAGRAM @BEREAVEDFAMILIESSW



TWITTER @SWBFO

programs and services

Many new member families start their journey with Bereaved Families at our regular Monthly Meetings and Grief Support Groups.

Monthly Meetings provide an opportunity for bereaved parents to gather together, share their experiences, and remember their children in a safe and understanding environment.

Grief Support Groups are focused meetings, designed to encourage members to share their feelings openly with other bereaved parents or with young individuals of the same age.

Our 4 Grief Support Group categories:

- Parents who have lost a child of any age.
- Children age 7 to 14 who have lost a parent or sibling.
- Youth age 15 and over who have lost a sibling or a parent.
- Families who have experienced a pregnancy loss.

Additional Programs and Services include:

- Infant Loss Groups
- One-to-One Support
- Guest Speakers
- Community Outreach
- Memory Garden
- Fundraising Events
- S.T.A.R. Secondary School Program
- Adolescent and Youth Workshops
- Memorial Events

our team

Professional Staff

Cathy Howe, Executive Director
Cathy Walsh, Associate Director

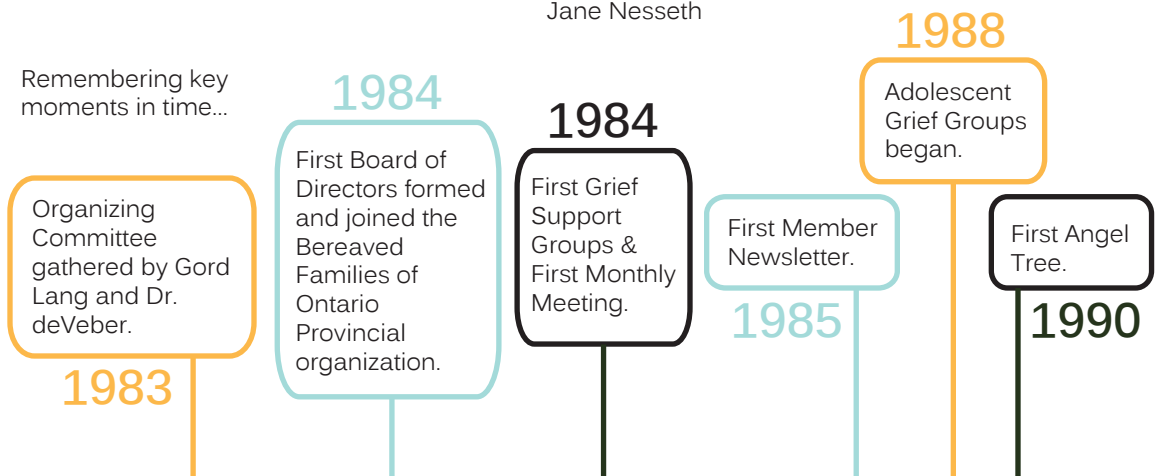
Professional Advisory Committee

Susan Alexander, M.S.W.
Kylene Dube, M.S.W.
Janice Gorodzinsky, M.S.W.
Bo Venkatesan, M.D. Psych.

2017/2018 Board of Directors

Kevin Belanger, President
Bronagh Morgan, Vice President
Jason Lecuyer, Treasurer
Virginia Davis
Lori DeMeester
Amy Domingues
Denise Lundrigan
Elizabeth Lynall
Stephen Nelles
Jane Nesselth

Remembering key moments in time...



events

Walk to Remember

Westmount Shopping Centre, for the 21st year generously hosted our annual Walk to Remember. For 21 years we have taken that special morning in March to join with other bereaved families to remember, reminisce and raise funds for the organization. Over 200 participants took part and gathered pledges from over 300 generous sponsors.

Butterfly Release

A beautiful day in June welcomed over 300 people to The Garden in Springbank Gardens, to remember the children and loved ones whose names are engraved on the Memory Wall and release butterflies in memory of our children.

5k Summer Run

The 21st Annual Run took place in partnership with London's Runners Choice store. 400 + participated on a beautiful summer evening to enjoy a run and raise funds and awareness for the organization.

Memory Links Golf Tournament

The 16th Annual Memory Links Golf Tournament held once again at Westminster Trails Golf saw 80 golfers battle the course as well as the heat in 2018. Special thanks to our very generous tournament sponsor David Hooper, CIBC Wood Gundy, Hole Sponsors, staff at Westminster Golf Club and our fabulous volunteer committee Dave Palmer and Gary Logie, for gathering over 100 prizes for our tournament winners and participants.

Ladies Night Out

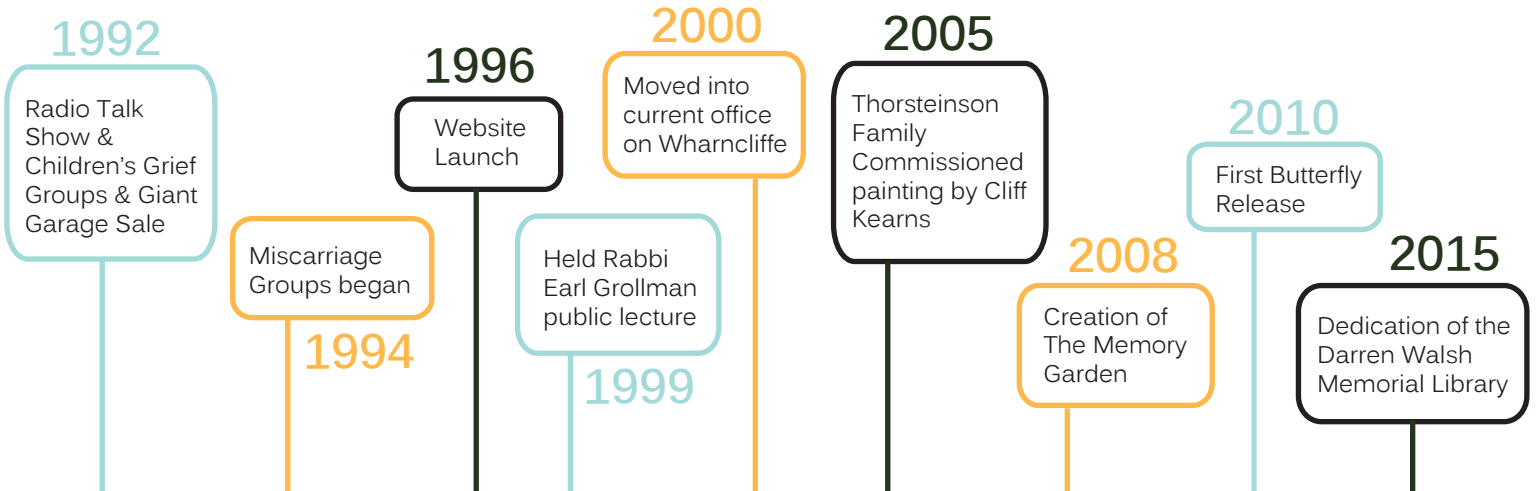
The 10th Annual Ladies Night Out Purse Party provided another exciting evening for our 230 guests! We enjoyed a great live auction with Henrik, our fabulous auctioneer, and silent auctions offered something for everyone.

Candlelight Memorial Service

December can be a challenging month for bereaved parents and their families. Since 1996 we have been gathering at St. Justins Church to remember together and celebrate the lives of our beloved children through poetry, prose and music.

Angel Tree

White lights have shone brightly on the Angel Tree since 1990 in Victoria Park. Thank you to the City of London for making this possible and the London Free Press for generously publishing the list of 340 names on December 24th in the newspaper.



financial review

	2018	2017
Total Funds Raised	\$107,500	\$101,800
Donations	18,350	17,200
Bingo	24,770	21,847
Provincial Nevada	7,710	14,507
The Angel Tree	13,300	12,840
Golf Tournament	6,688	6,067
Memory Garden	4,482	4,435
Summer Run	3,286	2,723
Walk to Remember	10,550	9,811
Purse Party	14,500	12,370
Merchandise	104	-
Total Expenditures	\$118,833	\$110,123
Delivering our Program		
Grief Support Groups, Monthly Meetings and One-to-One Support	66,737	61,500
Communicating with our Membership and the Community		
Newsletters, Telephone, Postage, Annual Reports and Advertising	26,986	25,410
Office Administration		
Rent, Insurance, Provincial Fees and Equipment	25,110	23,213

circle of supporters

Bereaved Families does not receive any grants or monies from any level of government.

As a very active not-for-profit organization, we depend on the generosity of a wide circle of supporters from all walks of life.

These include:

- Families and friends who make personal memorial gifts.
- Volunteers who selflessly donate thousands of hours each year to support other bereaved families and the organization.
- Employee charity funds, grants, church collections, and donations to the Darren Walsh Memorial Library.
- Sponsors who help through donating money, services, or gifts in kind.

thank you

A special thank you to each and every one of our valued volunteers. We are so very fortunate to have a dedicated team of individuals who provide leadership, facilitate Grief Support Groups, raise funds and participate on the Board and its subcommittees.

Thanks to the efforts and compassion of our family of volunteers, Bereaved Families of Ontario - Southwest Region is one of the largest chapters in the province.

a special thank you

\$5,000+

Walter J Blackburn Foundation

\$2,000 - \$4,999

David Hooper - CIBC Wood Gundy
Green Lane Community Trust
May Court Club of London

\$1,000 - \$1,999

Tom & Vicki Biven
Don & Sonia Cochran
Steve Oosterveld

\$500 - \$999

ATU 741 London Transit ECCO Fund • Doug & Cathy Fisher
Ronald & Sherry Funston • Deanna Hage • Cathy Howe
Bronagh Morgan • Sysco Southwestern Ontario • David & Cathy Walsh

\$250 - \$499

Lee & Judy Cairncross • Ted & Lori DeMeester • Fehr Business Services
Ken Kightley • Mark & Gayle Lemieux • Marjorie Payne
Bryan & Trish Prytulak • Barry & Carol Scott • Titan Group Construction
Mary Veenstra • Angela Watson • Mary Whiting • Stacey Yeardon



\$100 - \$249

A. Millard George Funeral Home
Cheryl Alexopoulos
Larry & Denise Antaya
Jim & Bonnie Bailey
Abby Baran
Bhatia Veterinary Professional
Patricia Bonn
Shirley Boyd
Gordon & Josy Britton
Bob & Kim Case
Jim Clark
Wayne & Martha Cole
Tammy Corbett
Ed & Donna Czach
Dave's Truck & Auto
Nellie DeWit
Enzo DiPasquale
Luigi & Jennifer DiRaimo
Lorne Dickie
Frank & Alice Donovan
Bruce & Joan Estabrooks
Dale & Gwen Estabrooks
Barbara Farrell
Dave & Deb Farrell
Bonnie Ferguson
Terry Finlay

Fleet Master
John & Connie Ford
Jody Gee
Lorne Dickie
Bruce & Joan Estabrooks
Arlene Gleason
Paul & Debbie Goldie-Ryder
Sheila Harding
Ty & Ellen Harries
Hot & Cold Freezing Ltd
Jeff & Sue Johnson
Ron & Bernice Joseph
Cheryl Kaufman
Ann Kelterborn - Eckel
Jae & Sarah Kim
Brian & Heidi Kleen
Jim La Hay
Greg & Denise Marchand
Mary Marshman
Zach & Josie Martin
Linkage Martindale-Dubrulle
Gary Mattson
Helen McInnes
Tammy McLachlen
Brian & Sandra McMurtry
Denis & Susan Merrill

Metropolitan United Church
Woman
Harold Morton
Rob & Carrie Morton
Darlene Nash-Burgess
Lauren Neish
Charlene & Rob Newport
Dolores Niskanen
Lesley Norris
Dave & Sandy Palmer
Jordan & Rachel Patience
Paul David London
Allison Pearce
Fran Plumb
Laura Prytulak
Howard & Mary Pye
Kimberly Ridsdale
Brent & Susan Robinson
Rosy Rhubarb
Rob & Linda Rowley
Bernie & Gail Selig
Adam Shaw
Shedden Tractor Pull
Sifton Funeral Home
Pam Simpson
Tracey Skinner

Kristen Slager
Liz Sloan
Roberta Smith
Dan & Nancy Springstead
John St. Croix
Neil & Suzanne Stoop
Amy Bennett - Thompson
Paddy Thompson
Janis Tipping
Drs. Venkatesan
W. Carsey Trucking Inc.
Tara Watson
Glen Weeks
Janice White
Jennifer Wiggins
Doug & Sheila Wilson
Cheryl Wituik
Woodland Cemetery
Joan Yerex

Plus hundreds of smaller donations that together make a huge impact.



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Serving Middlesex, Elgin, Oxford, Kent, Huron, Lambton and Perth Counties.