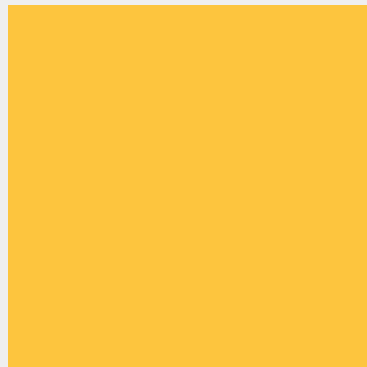
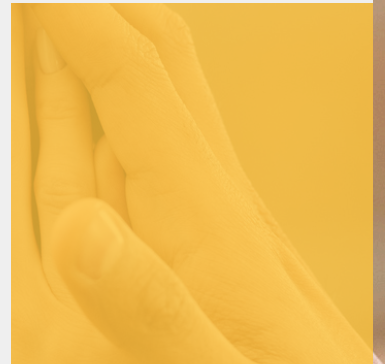
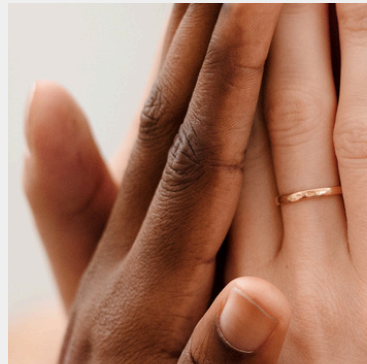
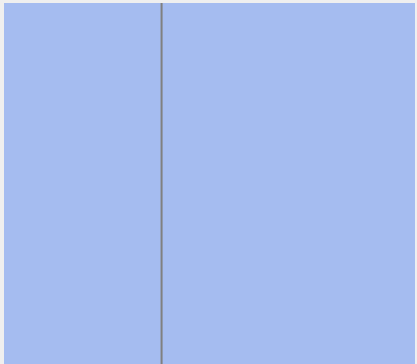


Centre for
Grief and Healing

Annual Report

A review of our
2022 impact.

Explore More



Land Acknowledgement

We want to acknowledge the land on which we gather, and where the Centre for Grief and Healing (BFO-H/P) operates. This land has been and is still inhabited by many Indigenous Peoples since the last Ice Age which was 13,000 years ago. In particular, we acknowledge the territory of the Anishinabek-Ojibway/Chippewa, Huron-Wendat, and Haudenosaunee peoples. The land that is home to the First Nations, Metis, and Inuit people. We are grateful to now be on the land that is the land of Indigenous Peoples since time began.

The land we are presently on is under the stewardship of the Mississaugas of the Credit, who are the signatories of the treaty and holders of the area. We recognize that the land we are on was taken away through colonization, oppression, and expropriation. In the hope for a better future and building relationships, we recognize, require, and honour what is in the truth and reconciliation report and the calls to action. We acknowledge and are grateful for having the privilege of being where we are, for this land, and for the Indigenous Peoples who have and continue to inhabit this land.

This Land Acknowledgment was created in collaboration with Indigenous Elder, Cat Criger.



Our History

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.



Our Mission, Vision & Values

Mission

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

Vision

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.

Values

- We believe everyone has inherent dignity and worth
- We believe each individual is the expert of their own life
- We believe everyone has the right to self-determination
- We believe in mutual support
- We believe in compassion and empathy
- We believe in understanding and acceptance
- We believe in diversity
- We believe in building healthy relationships



Message From the Chairman of the Board

On behalf of the Board of Directors I want to reach out and say thank you to all our members volunteer, donors, and partners, for your dedication, commitment, and support to BFO HP in 2022. As we continue to climb out of Covid times, the need for our services has seem to stabilize from the unfortunate highs in 2020/21. But as you all know this need will never go away and we must remain diligent. In 2022 we managed within our capabilities and capacity effectively, but the work never stops.

Now BFO HP, is only as good as the people involved and it starts with our amazing staff. Led by Julia Duz our Executive Director, we are fortunate to have Victoria, Irish, Eran, Kelly and Samantha along with many great students, who all work tirelessly help our community with grief. In 2022, our staff was a key focus as we invested heavily into their roles, their skillsets, and their wellbeing to build our capacity an bring enhanced service quality to the membership. Thank you, team.

I also want to take this opportunity to extend a huge thank you and deep gratitude for departing Board Members, Adrienne Jaroslowski, Janice Moro, and Ramneet Behniwal. Their dedication and leadership over a combined 15 years of commitment has been invaluable. Their participation and leadership in meetings, committees, events and so much more has been at the highest level. Their impact in areas like fundraising, staff evolution, governance and grief support has been incredible. They will be missed but we are truly a better organization from their unselfish contribution.

As we look forward our attention in the upcoming year will be around building sustainability to ensure we maintain and hopefully grow our service levels that our community requires. We will also be evolving some of our programming around 1 on 1's and groups to better address need. We will have a focus on our Walk and Loving Memory Ceremony later in 2023 to help with fundraising and lastly, we will look to enhance our event agenda to better connect our membership and improve awareness and education about grief in the Halton-Peel region.

In closing, I want to personally thank, our volunteers, the team, the Board and all our stakeholders. Your devotion to grief healing is so very much appreciated. We look forward to a transitional but successful 2023.

Richard Sheppard

Chairman of the Board



Message From the Executive Director

First and foremost, I want to acknowledge our participants. Your courage, resilience, and willingness to share your stories have been the driving force behind our organization's mission. We recognize the immense strength it takes to navigate the path of grief, and we are privileged to walk alongside you on this journey. Your vulnerability and openness in our support groups and one-to-one sessions have created a brave and nurturing space for healing and growth.

Second, I would like to extend my heartfelt appreciation to our dedicated staff members. Your passion, expertise, and tireless efforts have been instrumental in delivering high-quality grief supports to our community. Your compassion and empathy have touched the lives of countless individuals and families, offering them comfort and solace during their journey of healing.

I would also like to acknowledge the invaluable contributions of our committed volunteers. Your selfless dedication and willingness to lend a helping hand have been the driving force behind our organization's success. Your presence and support at various events, workshops, and in our support groups have provided immense comfort to those in need. Your generosity of time and spirit is truly commendable.

I would also like to express our sincere appreciation to our funders, whose generous support has enabled us to continue our vital work. Without your financial contributions, we would not be able to provide the essential services and programs that our community relies upon. Your belief in our mission and vision has been a driving force in our ability to create meaningful impact and bring healing to those who are grieving.

As we reflect on our accomplishments, we also recognize the challenges we have faced together. The past year has presented unprecedented circumstances, demanding flexibility, resilience, and innovation. In the face of adversity, our collective commitment to supporting one another and those in grief has remained unwavering. As we move forward, let us continue to work collaboratively, with a shared vision of providing solace and support to those who are grieving. Together, we can create a community where individuals feel seen, heard, and supported during their healing journeys.

Thank you all once again for your unwavering dedication, passion, and support. It is through our collective efforts that we will continue to make a lasting difference in the lives of those we serve.

With deepest gratitude,

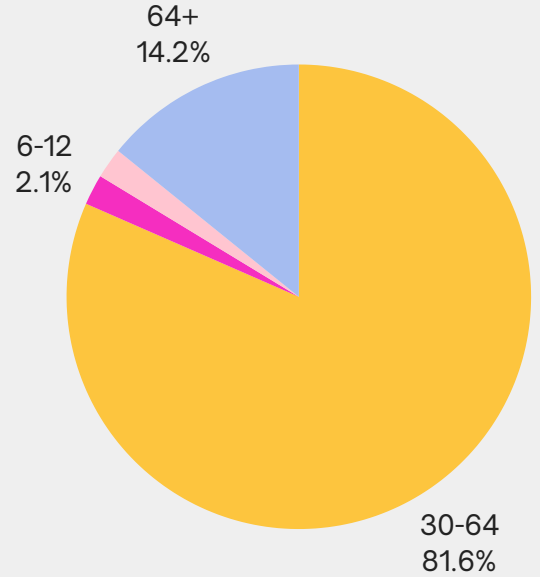
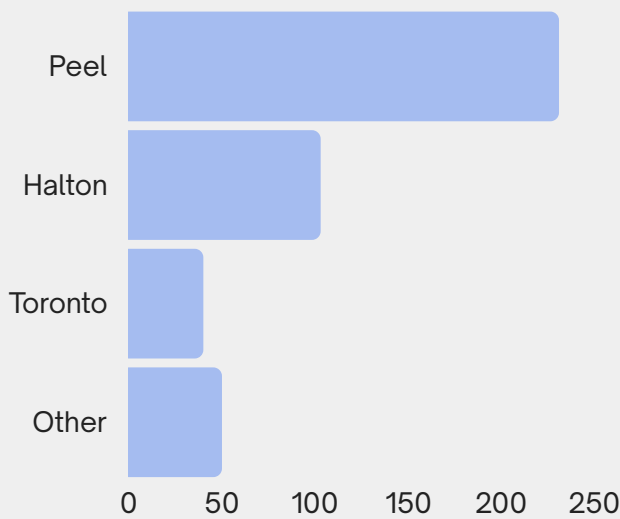
Julia Duz

Executive Director



Community Demographics

55% of our new 2022 members live in Peel Region, followed by 24% of our members living in the Halton Region, and 21% of our new members living in other regions outside of Halton/Peel.



81.6% of new members who joined us in 2022 are between the ages of 30-64.

431

New participants joined our community in 2022



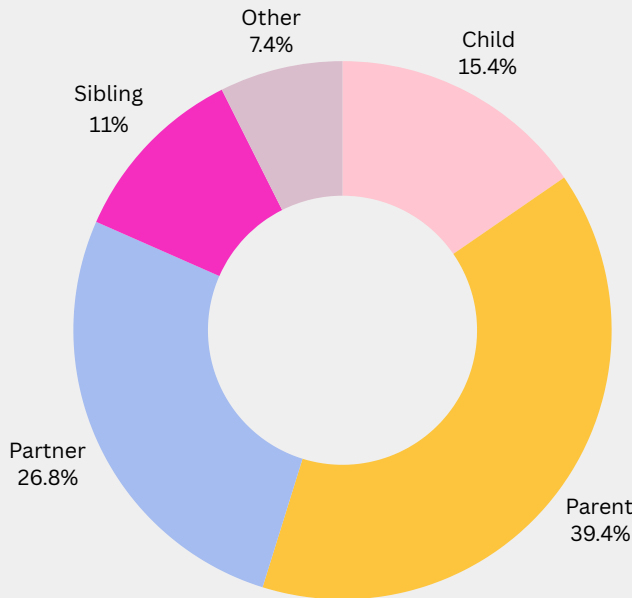
80%

Of new participants are female identifying



Community Demographics

Over 44% of our 2022 clients are dealing with mental health challenges (an increase of 8% since 2021), such as Depression (38%), Anxiety (41%), and Other (21%), including 32% of 'Other' with ADHD, and 29% of 'Other' with PTSD. Additional challenges mentioned are: Bipolar Disorder, BPD, OCD, Schizophrenia, Eating Disorders, DID, Psychosis, Panic Disorder, and Substance Use.

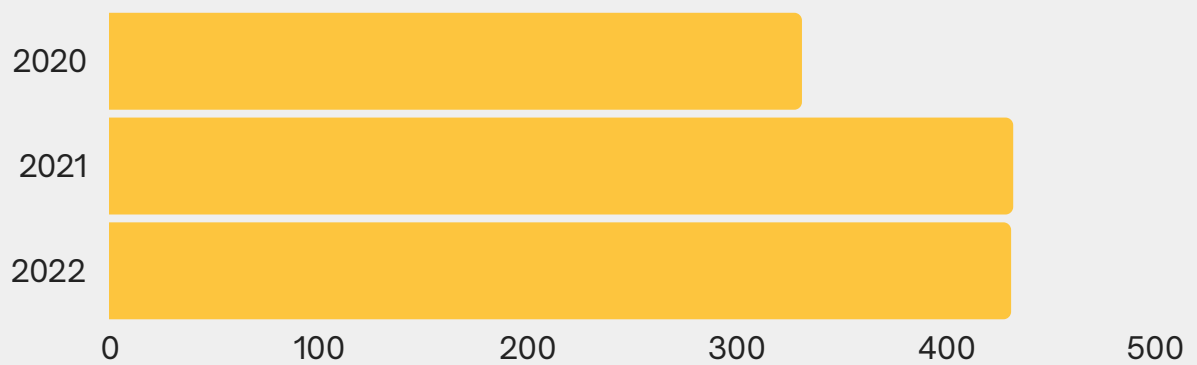


39% of our 2022 participants lost a parent, 27% lost a partner, 15% lost a child, 11% lost a sibling, 3% lost a grandparent, and a total of 5% for other, including: friend, niece/nephew, a grandchild, or an aunt/uncle. These numbers are extremely close to 2021's reported numbers.

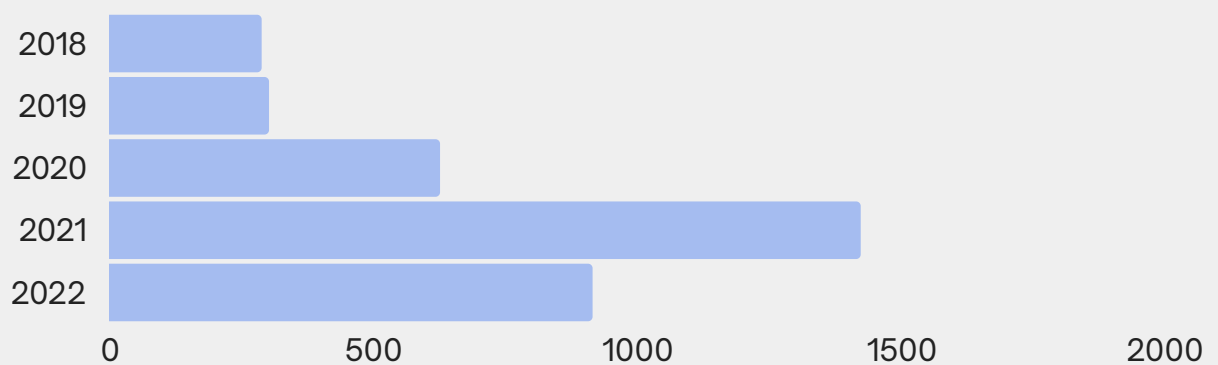


Our Individual Support Sessions

We had 431 new individuals join our community in 2022, compared to 432 in 2021 and 331 in 2020. We supported hundreds of members through 915 individual support sessions.



Out of our 915 individual support sessions, 54 were with children, 72 were with youth, 624 were with adults, and 165 were with older adults.



49%
of our participants requested one-to-one services





What our Members are Saying About our Individual Support Services

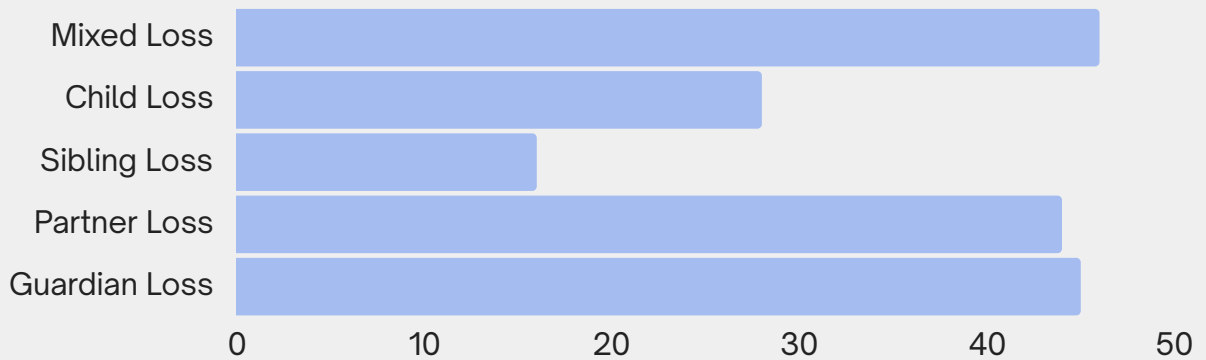
"I have told others of my positive experience and wouldn't hesitate to recommend that a loved one reach out for support if they find themselves experiencing a loss."

"I liked that I had the ability to share my feelings honestly and to have them validated, as well as getting coping suggestions from someone who truly understands what I am going through."

"I was able to speak about my feelings and grief and discover myself."

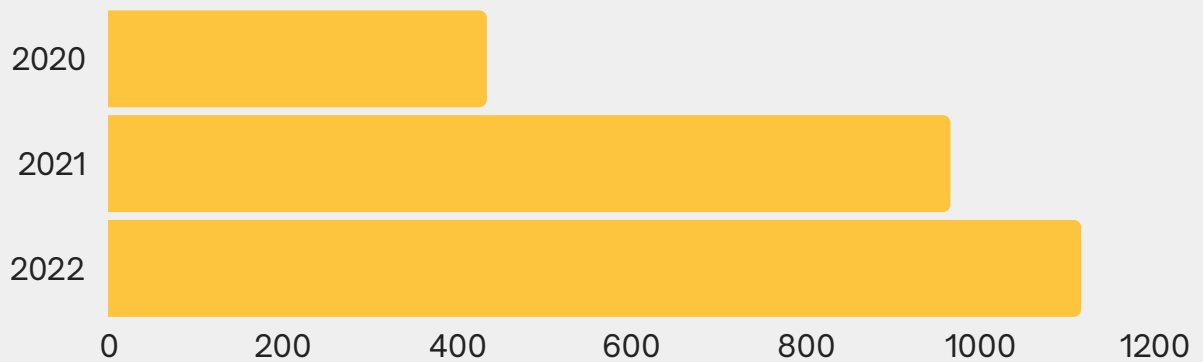


Our Grief Support Groups



We ran 206 grief support groups in 2022. This is an increase of 8% since 2021 and a 190% increase since 2020. We ran: 2 Mixed Loss groups, Child Loss, Sibling Loss, Parent & Guardian Loss, and Partner Loss groups on an ongoing basis. We also ran: a Japanese group, and COVID-19, Overdose and Suicide Loss groups via closed groups.

We supported 1,116 group participants in 2022 compared to 966 in 2021 (a 16% increase) and 434 in 2020 (a 157% increase). 25 were youth, 858 were adults, and 233 were older adults in our community.



NEW

We re-introduced a monthly, in-person support group in September 2022





What our Members are Saying About our Grief Support Groups

"I'm so grateful to have this group available to me. It has been a huge help in my grief journey and I look forward to it every week."

"I truly appreciate the time that the facilitators put into creating such a safe and welcoming space."

"I am very comfortable with the facilitator and they always listen carefully."

"The facilitator is wonderful and allows each member to discuss their thoughts and feelings. They validate each member and provide education about the impact of grief."



Programming Updates

In 2022, we focused on **evaluating, developing, and revising** our programs and program materials. Here are only a few of the ways we did just that:

- Created and introduced new resources and updated all programming
- Created an Adult individual support program manual for Peer Supporters, including a resource booklet for members
- Drafted a Children and Youth individual support program manual for Peer Supporters, including a resource booklet for members
- Developed multiple resource booklets for members to utilize following their last individual support session
- Developed a '**Using and Understanding Inclusive Language**' document for staff and volunteers to improve and enhance our inclusivity and equity efforts
- Revised our facilitator resource booklets to include how grief intersects with varying identities (ex. grief in underserved communities)
- Incorporated a **Land Acknowledgement** to all support group programs
- Introduced seasonal group topics and dates document for easy referencing
- Developed a '**Peer Support Self-Assessment Tool**' to support incoming members in identifying what support is best suited for their needs
- Created a children and youth resource booklet
- Enhanced and developed new **health and safety** efforts and initiatives for staff and volunteers
- Created an '**Emotion Regulation Skills and Strategies for Helpers**' document to support helpers emotionally and mentally, while in turn supporting our members



Camp Hope

In 2022, we ran our first-ever camp for grieving youth and children over 4 weeks. Each week was carefully and thoughtfully created to ensure our Camper's had an enjoyable, holistic experience. Each of the 4 weeks were themed.

Week 1

Bravery: this week, we focused on what it means to be brave in grief. We talked about the importance of vulnerability, being there for yourself, and shared coping strategies.

Week 3

Hope on the Horizon: as we've built a strong rapport, this week we focused on digging deeper with our grief and what we hope our futures will look like. We processed our emotions through movement and grief-related activities.

Week 2

Gratitude: this week, we focused on what and who we are grateful for. We spent this week journaling, reflecting, and talking about what it means to be grateful.

Week 4

Your Grief, Your Way: this week, we discussed the importance and understanding of grieving in your own unique way and what that looks like for everyone.

"The best part of camp were the friends I made and the activities we did."
~ Camp Hope Participant



Thank you to
the Community
Foundation of
Mississauga's
Pendle Fund for
funding Camp
Hope!

Our GriefTalks

We hosted 4 GriefTalks in 2022, including:

- Anxiety & Depression in Grief, facilitated by Carmela Pileggi
- Sleep Tight: Optimizing Sleep in Grief, facilitated by Tamara Jurkin
- Grieving Through Mindfulness & Meditation, facilitated by Sarah Ann Swan
- Grief within the Black Community, facilitated by Erica London

257

individuals registered
for our GriefTalks



Our Navigating Through Grief Workshops

We facilitated 3 Navigating Through Grief Workshops in 2022, providing over 47 individuals with the skills, knowledge, and resources to better support themselves and others through their grief journey.

48

additional individuals
supported through
various workshops
in 2022



Our Community Events: Walk to Remember

Every year, we come together as a community to honour, celebrate, and remember our loved ones who are no longer with us. Our annual Walk to Remember fundraising event is a chance for families to get together, enjoy community, and participate in meaningful activities to honour their loved ones and support our charity's sustainability.

In 2022, we partnered with BFO-Toronto to expand our impact and build a stronger community of grieving individuals. Despite the poor weather, we had over 50 community members attend the event and support us! Thank you!

Join us for this year's Walk to Remember on September 30th, 2023 at Lakeside Park in Mississauga. Find more details and create your team today at www.bereavedfamilies.ca/walktoremember2023.

\$7,930

dollars raised to help sustain our free grief support programs



Thank you to BFO Toronto for a great partnership. We continue to work together with this year's silent auction!



Our Community Events: Food as Community

Food connects communities. Food is a conduit that can reduce isolation, provoke memories and connections to our loved ones, and improve our cognitive, emotional, social and physical wellbeing. In 2022, we launched Food as Community (FAC) as a way to bring people together while raising funds to support grieving individuals in our community.

Food as Community Episode One was held on September 13th, 2022 at Nella Cucina, Toronto. The venue was sold out with 19 individuals in attendance and 14 individuals tuning in online.

Huge thank you to our Chef, Phil DeWar; MC, Nadia Chandra (MCNadzzz); our panellists: Shanti from MyShantiSpace, Patrick Lopez, and Victoria Berry; along with our corporate supporters, innovation & imagination health + wellness inc., and Angle Media.

\$3,391

dollars raised to help sustain our free grief support programs



Thank you to the
the Ontario Trillium
Foundations'
Resilient
Communities Fund
for funding FAC!



Our Community Events: Loving Memory Ceremony

In 2022, we hosted our annual Loving Memory Ceremony, offering our community a way to remember and pay tribute to their loved ones. Our memorial event included poem readings, special guest speakers, candle lighting, and our popular Scroll of Memories.

We had 55 individuals register for the event, and 42 attendees.

Join us this year in December, visit www.bereavedfamilies.ca for more information, or follow us in Instagram at @centreforgriefandhealing for updates on all of our events, programming, and initiatives.

100%

of attendees said they would attend our Loving Memory Ceremony again



Community Feedback: Our Support Services

90%

Of our participants found our support groups helpful and constructive for their grief and healing.

92% feel our group supports are of benefit to their mental health.

100%

Of our participants found our one-to-one supports to be 100% beneficial to their mental health.

Members have shared that these sessions:

- Helped them feel understood
- Allowed them to better understand their grief
- Provided coping strategies
- Extended their support circle

Common requests and feedback from our 2022 end-of-year survey include: 60% of individuals wanting Wellness and Self-Care Groups and 40% wanting Psychoeducational Groups in order to have more coping strategies and help with "life beyond grief".



Community Feedback: Our Practices

100%

We asked our members to rate our Inclusivity, Diversity, Equity, and Accessibility efforts. 100% agreed with the statements seen on the right.

- **CFGH Values Diversity**
- **CFGH Builds Diverse Programs**
- **I Feel My Background/Identity Are Valued**
- **I Feel a Sense of Belonging**

100%

Of our members agreed with the following statements:

- I feel supported in my grief
- The organization is transparent with their initiatives
- This is a supportive space for racialized communities, individuals with disabilities, and the 2SLGBTQIA+ community.

"I found total support and professionalism from my helper. No matter what type of background I am from or what I believe in."

"The Centre for Grief and Healing values and respects you."



Social Media

1,821

Instagram Followers.

An account that has seen consistent growth. In 2021, we had 1,625 followers.

618

Facebook Followers.

Compared to 543 in 2021 and 470 in 2020.

176

Facebook Support Group Members.

We had 125 members in 2021.

559

LinkedIn Followers.

We had 528 followers in 2021.

339

Twitter Followers.

An account that remains consistent

Additional platforms we use include Spotify, YouTube, and Pinterest.

Some YouTube video examples include: Grounding Techniques, Adapting to Parental Loss By Suicide, Suicide and Grief, Anger and Grief, COVID-19 and Grief, and Volunteer Information Webinars and Appreciation videos.

We created a Spotify for the community to access Meditations, Affirmations, Sleep Sounds and Meditations, Breath Work, Mindfulness, Sounds for Yoga Practice, and more.

New this year (2023), we created a Pinterest account that includes Coping Strategies, Grief Education, Meditations and Mindfulness Practices, plus so much more.



Our Newsletters

Wellness Newsletters

In 2022, we wanted to support staff and volunteers even further. Our Social Service Manager introduced a bi-monthly wellness newsletter, full of ways to practice self-care, compassion, how to prevent burnout, and other related tips and ideas.

Presently, this newsletter (now 'Care Corner') is curated for all community members. It includes grief tips, memorial ideas, coping strategies, and more!

Staff Newsletters

Mirroring the above, in 2022, we wanted to support staff professionally while also recognizing everyone's accomplishments and personal updates. Our 'Team Bulletin' contains upcoming free trainings and workshops on mental health, DEI, and role-related trainings, and includes information on upcoming holidays, cultural celebrations, and awareness days to help inform support staff and create an inclusive environment.

Hope Report

We were excited to reintroduce our Hope Report newsletter in 2022. Our Hope Report is a bi-monthly newsletter that contains all of our organizational updates and more.

Hope Report offers updates on:

- Program initiatives
- Current supports being offered
- Future workshops
- Events and fundraisers
- Office closures
- How we're doing and who we're supporting
- Grief and loss tips and information
- ...and so much more!

Subscribe to our newsletter today by visiting our website at www.bereavedfamilies.ca.



Inclusion, Diversity, Equity & Accessibility

Through Social Media

Since the end of 2022, our organization has been on a mission to understand more deeply how grief and loss affect different communities and groups in their own unique ways. We wanted to share important facts and raise awareness, and are now sharing this information through social media posts to make a greater impact.

One example is the Missing and Murdered Indigenous Women and Girls (MMIWG) movement. Within the hearts of these communities, grief weighs heavy, bearing witness to irreparable losses. So, on Red Dress Day, we shared how grief intersects for Indigenous women and girls.

We hope by sharing this information, we create space to forge connections, break down barriers, and cultivate compassion within society. We also hope the voices and experiences of diverse communities are heard and acknowledged, fostering a collective journey towards healing, support, and resilience.

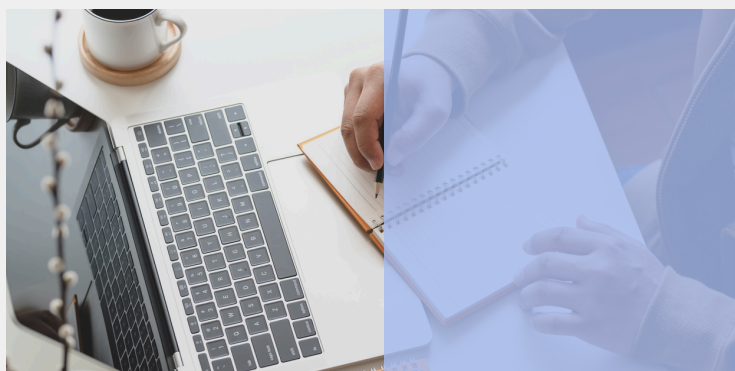


Inclusion, Diversity, Equity & Accessibility

Through Programming

We revised our programming for 2022 and with the community's feedback, implemented additional tools, tips, and information throughout our group and one-to-one programming to promote Inclusion, Diversity, Equity, and Accessibility (IDEA). Additional ways we incorporated IDEA in 2022 include:

- Alt text in social media posts and program materials
- Developed an IDEA Organization Statement
- Conducted ongoing needs assessments
- Sending monthly surveys and collecting and incorporating feedback
- Added a Land Acknowledgement for every support group
- Ongoing revision of programs, policies, and procedures
- Ongoing training and workshops attended by staff
- Using and understanding inclusive language document for peer supporters and facilitators
- Incorporated a new topic on "Your Unique Grief" to our support groups
- Facilitator resource booklets now include how grief affects different identities and communities





Our IDEA Statement

Fostering Hope and Healing for All Walks of Life.

We've come a long way since 1989 and still have a ways to go. Why? At the Centre for Grief and Healing (CFGH), diversity, equity, inclusion, and accessibility don't have an end date. We strive to foster an unending commitment to learning from, working with, creating programs for and supporting our diverse community members and their unique grief experiences. Our team is dedicated to including diverse, equitable, inclusive, and accessible practices at the center of our daily work. We commit to using and improving these practices for our organization and for our communities.

Our team provides mutual, inclusive support through diverse programming, endless advocacy, and community education. We strive to foster belonging and empowerment for all of our members, staff, volunteers, and students. We listen to and engage with all walks of life and we value and welcome all unique experiences and qualities: both visible and invisible. Our commitment to these values is unwavering and they are central to our purpose and to our impact.

Join us in embracing and celebrating diversity, equity, inclusion, and accessibility for all people in all communities.

We grow together today, to create a better tomorrow.



Our Volunteers

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, provide one-on-one supports, help organize our events, support social media development and participate on our Board, Fundraising Committee and Professional Advisory Committee and Subcommittees.



1384

total hours
volunteers
collectively
dedicated



65

total
volunteers in
2022



24

new
volunteers in
2022



3

newly trained
one-to-one
facilitators



1735

total student
placement
hours



10

volunteer
trainings



What our Volunteers are Saying

"I really enjoyed the sharing of ideas during the training and the practical conversations about what I would do in certain situations."

"It's going great so far! I've been really enjoying working with Irish. She puts a lot of work into making things work for everyone."

"Irish has many great qualities that shone through while conducting the training session. She is kind, knowledgeable, and passionate about the work done at the organization. The training session was very informative and interactive and felt very personable. Irish did an amazing job at welcoming us to the team."



Our 2022 Financial Review

Statement of Financial Position as of December 31st, 2022.

ASSETS	2022	2021
Cash	332,446	177,715
Accounts Receivable	8,737	17,603
Prepaid Expenses	2,665	2,088
Due from affiliate or related party	3,007	3,180
Capital Assets	-	-
TOTAL ASSETS	\$348,294	\$200,586

LIABILITIES	2022	2021
Accounts payable and accrued liabilities	15,652	12,442
Government Remittances Payable	3,452	3,251
Deferred contributions	24,813	20,145
Due to affiliate or related party	1,381	1,381
Government loan (CEBA)	-	40,000
Deferred contributions: Capital assets and database	-	-
TOTAL LIABILITIES	\$45,298	\$77,219

NET ASSETS	2022	2021
Unrestricted net assets	279,496	99,867
Internally restricted	23,500	23,500
TOTAL NET ASSETS	\$302,996	\$123,367

TOTAL LIABILITIES & NET ASSETS	\$348,294	\$200,586
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Our Funders

Our sincere thanks to our 2022 funders, who continued to show support and commitment to our community and for the vital grief support services we provide.



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



Our Donors

Hope and Healing Friend (\$1-199)

Allen, Elizabeth
Allman, Deborah
Austin, Deborah
Bradbeer, Janice
Breen, Heather
Collier, Heather
Corbo, Vanessa
De Melo, Karen
Dhindsa, Irish
Dhindsa, Jasleen
Dykhhoorn, Sandra
Flear, Leonard
Hall, Amanda
Iddison, Linda
Ince, Catherine
Ironsides, Joanne
Jenner, Jane
Jevne, Melissa
Johnson, Janice
Johnson, Nicole
Kandawala, Asma
Knox, Jennifer
Lawson, Diane
MacKay, Kim
Malik, Hamza

McGratten, Sherry L.
Medas, Lawrence
Moffat, Rachel
Moro, Gabriella
Nephew, Allison
Oree, Tasha
Pai, Amit
Peck, David
Peterson, Daniel
Rattray, Bruce
Sharma, Rajinder
Stajov, Diane
Sukumar, Ramesh
Tay, Siok-Hoon Brenda
Thomas, Marvin
Williams, Alison
Wilmot, Marline
Yaqoob, S
Yap, Anna
Young, Jacqueline
Anonymous x3



Our Donors

Hope and Healing Ally (\$200-\$499)

Abdul-Hussain, Haider
Jaroslowski, Adrienne
Blair, Tammy
Cross, Robin
Deol, Bikram
English-Serles, Kathy
Gruetzner, Edward
O'Reilly, Andrea
Prinz Griffith, Karen
Tortorelli-Duz, Mickey
Waithe, Alexandra

Hope and Healing Supporter (\$500-\$999)

Caldarelli, Joe
Mandel, Howard

Hope and Healing Advocate (\$1000 - \$4,999)

Abdul-Hussain, Mohamed
Brampton Caledon Community Foundation
Moro, Janice
Sheppard, Richard



Our Donors

Hope and Healing Provider (\$5,000 - \$9,999)

Canada Summer Jobs

Hope and Healing Preserver (\$10,000-\$24,999)

Region of Peel: Capacity Fund

Hope and Healing Champion (\$25,000+)

Halton Region: Community Investment Fund

Ontario Trillium Foundation: Resilient Communities Fund

Community Foundation of Mississauga: Pendle Fund

Region of Peel: Core Fund

Anonymous



THANK
YOU! 😊

Vision of the Future

Fundraising

Our vision for the Centre for Grief and Healing is to become a leading non-profit organization in supporting grieving individuals and the bereaved. To achieve this, we will continue to implement a comprehensive fundraising strategy that focuses on building strong relationships with our community, diversifying our funding sources, and fostering a culture of community support. We will engage in various fundraising initiatives, including donor cultivation, corporate partnerships, grant applications, and innovative campaigns that resonate with our supporters. By creating a sustainable and robust fundraising strategies, we will ensure the continued provision of essential grief support services to those in need.

Sustainability

Sustainability is vital to the long-term success of the Centre for Grief and Healing. To ensure our sustainability, we will employ several strategies. Firstly, we will prioritize building strong partnerships and collaborations with other organizations and community stakeholders. These partnerships will allow us to leverage resources, share expertise, and expand our reach. Secondly, we will implement sound financial management practices, including budgeting, cost control, and strategic investments, to maximize our operational efficiency and maintain financial stability. Thirdly, we will establish a robust volunteer recruitment and retention program, harnessing the power of dedicated individuals who share our mission and are committed to supporting our organization. Through these strategies, we will build a solid foundation that enables us to serve the community for years to come.



Vision of the Future

Programming

As we look to the future, the Centre for Grief and Healing is committed to developing inclusive and equitable programming that addresses the diverse needs of our community. We will actively seek feedback from our participants and engage in community consultations to ensure that our programs are relevant, accessible, and representative of the communities we serve. We will focus on fostering an environment that celebrates diversity, promotes cultural sensitivity, and provides brave spaces for individuals from marginalized backgrounds. Additionally, we will continue to explore innovative approaches such as virtual support groups and digital resources to enhance accessibility and reach individuals who may face barriers to in-person participation. By continuously evolving and adapting our programming to be inclusive and equitable, we will meet the evolving needs of our community and provide valuable support to all those grieving the loss of a loved one.

Through these strategies, the Centre for Grief and Healing will forge ahead into the future, solidifying our position as a compassionate and impactful organization dedicated to providing essential grief support services. We envision a future where no one faces their grief alone, where our services are accessible to all, and where we contribute to the healing and wellbeing of individuals and communities. Together, we will create a future that embraces diversity, fosters resilience, and provides solace to those navigating the challenging journey of grief.



Our 2022 Team

Our Students

Wakaba Hoshino
Samantha Jennings-Willan
Mya Slocombe
DeLove Henry
Kimberley Campbell
Osaretin Omoregie
Aman Mahi
Soefie Binte Soebirin
Catalina Oliva
Deonah Francis

Our Staff

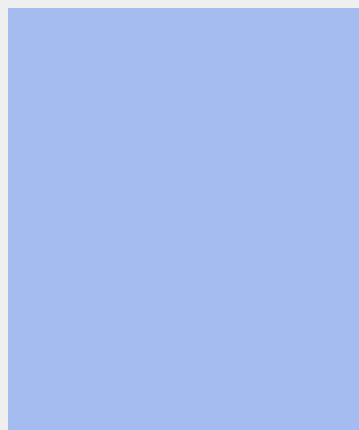
Julia Duz, RP (Qualifying), MACP, BACYC
 Executive Director
Victoria Berry, SSW, BSW, RSW
 Social Service Manager
Irish Dhindsa, BBA, BCOM
 Volunteer Manager
Samantha Jennings-Willan,
 Intake & Peer Support Worker
Eran Derandonyan-Asombang,
 Financial Bookkeeper
Allison Nephew
 Fundraising & Event Specialist

Our Fundraising Committee

Janice Moro, Board
Haider Abdul-Hussain, Board
Allison Nephew, Former Staff
Tasha Oree, Volunteer
Yasaman Dolatshahi, Volunteer
Anna Lisa Yap, Volunteer
Julia Duz, Staff

Our Board of Directors


Richard Sheppard, Chairman of the Board
Haider Abdul-Hussain, Vice Chair
Adrienne Jaroslowski, Secretary
Bikram Deol, Treasurer
Janice Moro, Fundraising Lead
Mayuran Vallipuram, Governance
Lorraine McGratten, Human Resources
Robin Cross, Programs
Amanda Ru Dong Hall, Programs
Ramneet Behniwal, General






Thank You

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