

BONewsletter

BON's 16th Annual Conference Adjusting Your Sails ... navigating through loss

September 20 - 22, 2006
Geneva Park Conference Centre, Orillia

A few days of quiet reflection on the shores of Lake Couchiching with opportunities to network with some of Ontario's leaders in the field might be just what you need. You can share interests, problem-solve, tell your stories and most importantly, relax in this tranquil setting.

Principal Speakers

Energy for Life - Bob Koehler is back to start off the Conference with a dose of reality and humour on Wednesday evening. **Cate Gibson**, author of *Life after Loss* and *Powerful Healing Journey* presents **The Power of Balance** on Thursday morning. With over 20 years of experience working with loss, **Derek Scott** shares his passion, warmth and humour on Thursday afternoon with **Death of the Counsellor - Facilitating Self-Repair**. A presentation, **Celebrating Life** will close the conference with music, drama and inspiration facilitated by the talents of **Marny Atkinson and Mallory Warriner**.

Something missing? Check-out our line-up of workshop speakers: meditation, funeral rituals, don't forget about the kids, holistic end-of-life care, what to do when you and your clients are stuck, grief support for persons with neurodegenerative disease, the use of physical objects in mourning, an adolescent's personal journey through depression ... and much more!

For complete information, visit BON's website <http://www.BereavementOntarioNetwork.ca> or contact Marilyn (519-225-2263) to have the Conference Brochure mailed to you.

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About the BONewsletter

The BONewsletter belongs to you! We encourage your contributions by submitting articles, book reviews, and audiovisual reviews. Let us know about news in your region, any upcoming events, as well as, your comments and suggestions. Tell us about a great website that we can share with everyone in the BON "Network" across Ontario.

We accept previously published articles that are accompanied by written permission to reprint.

The BONewsletter committee reserves the right to edit all contributions for clarity, punctuation, spelling, grammar and syntax.

The BONewsletter is published 3 times each year.
Deadlines for submissions:
Winter / Spring February 1st
Summer /Fall June 1st
Post Conference November 1st

Please send your submissions via email to:
info@BereavementOntarioNetwork.ca

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Mission Statement

Bereavement Ontario Network is a network of individuals, groups, and organizations which, through the exchange of ideas, resources, and energy, is dedicated to helping the bereaved and the dying.

Bereavement Ontario Network (BON) is a diverse group of organizations and individuals across Ontario that work in the field of grief and bereavement as professionals and volunteers.

BON provides opportunities to access, in a reciprocal manner, the knowledge, experience, wisdom, and sensitivity of other members in Ontario. You can use BON to access this support for your clients and yourself.

Membership in the Bereavement Ontario Network is open to individuals, volunteer organizations, small business, and corporations. If your work brings you in contact with bereaved individuals, BON can help you to help them.

BON offers an annual conference, a directory of members, this newsletter, an interactive website, and the services of volunteer regional representatives. These representatives are available to answer questions and to refer you to available resources within your region.



Regional Representatives

Belleville – Kingston Region (Vacant)

(Frontenac, Lennox & Addington, Hastings, Prince Edward)

Chatham – Windsor - Sarnia Region

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(Essex, Kent, Lambton)

Ottawa Capital Region

Robert Berthiaume

(Lanark, Leeds & Grenville, Ottawa-Carleton, Prescott & Russell, Renfrew, Stormont, Dundas & Glengarry)

Peterborough Region (Vacant)

(Northumberland, Peterborough, Haliburton, Victoria)

GTA East (Vacant)

(Toronto east, Durham County south of Stouffville)

GTA West

Joanne Berrigan

(Toronto west including York as far north as Markham & Richmond Hill & Peel)

Grey - Bruce -Huron Region

Doug Brown

(Bruce, Grey, Huron)

Halton - Hamilton Region

Cara Grosset

(Halton-Hamilton-Wentworth)

Kitchener - Waterloo Region

Wendy Fifield

(Brant, Oxford, Perth, Waterloo & Wellington)

London - St. Thomas Region

John deVries

(Elgin, Middlesex)

Near North Region (Vacant)

(Cochrane, Muskoka, Nipissing, Parry Sound, Timiskaming & Timmins)

Niagara Region

Marny Atkinson

(Haldimand, Lincoln, Norfolk, Welland)

Northwestern Region (Vacant)

(Kenora, Rainy River, Thunder Bay)

Simcoe - York - Dufferin Region

Kathi Kelly

(Simcoe, Dufferin & Durham County north of Stouffville & York County north of Markham & Richmond Hill)

Sudbury – Sault Ste. Marie Region

Santina Marasco

(Algoma, Manitoulin, Sudbury)

For contact information, please refer to the BON Membership Directory. If you would be interested in serving as a regional representative, please contact us. info@BereavementOntarioNetwork.ca

A Message from the B.O.N. Chair

Forgiveness ...

by Marilyn Hollinger D.S.W., M.S.W., M.T.S.

Forgiveness is one of those BIG words in our culture that no one wants to talk about yet we probably have all experienced it!

Forgiveness is a word within the cycle of grief that is inevitable; yet when we think about it our first instinct is to suppress it. If we allow this suppression, though, we are refusing a much-needed step in the natural progression of loss.

Hindering the healing of grief allows for the possibility of emotional turmoil and physical illness. It is proven that the immune system is weakened while people are in a grieving state, making them susceptible to a variety of illnesses. While grieving, they undergo a transformation that affects them emotionally, physically, intellectually, behaviourally, and spiritually. Avoiding certain aspects of the journey of grief creates the negative side effect of accumulated trapped energies within the body.

This spring I was co-facilitating a workshop in Listowel, Ontario with Graham Snyder, the father of Dan Snyder the infamous hockey player. Danny Heatley, an Atlanta Thrashers hockey team member, and Dan were driving in Danny's car in Atlanta when they suffered a traumatic car crash. Dan died with his family from Elmira around him. Dan's family had a choice: they could be bitter at Danny or they could forgive Danny for being the driver that caused their son's death.

Yes, we know the outcome. The Snyder family has assumed the position of forgiveness with grace and peace. They didn't take the time to be angry or bitter; they pursued a different road. With assistance, Graham has written his story in a book and is giving the proceeds to build a new hockey arena in Elmira.

Graham isn't a preacher about forgiveness. Instead, it is part of his character and persona. He uses this crisis in his life to help and support others who are struggling with the issues of forgiveness. He talks about forgiving yourself first and then it is easier to forgive others. But the most difficult part is forgiving yourself. Many questions surface ... what if I had done this

instead ... maybe the outcome would have been different.

Karen Edwards, a therapist in Winnipeg says "grief has an energy of its own. It has its own identity – it lives in the body. We are like an onion with emotions and feelings connected to our memories in layers. As we heal, the layers are lifted."

For me, one of the most healing environments is at the Bereavement Ontario Network Conference at Geneva Park each fall. It is a time when I can allow the paper thin onion layers of hurt to fall away, and healing takes place. I come away from the Conference with a renewed spirit and enthusiasm for working with grieving people. I learn new tools which allow me to move forward to a harmonic state.

I invite you to come to the BON Conference in a serene ambiance to learn new tools and gain new energy for your work. **O**



Members

[Annette Bradshaw](#), Toronto Healing Arts Center

[Blythe Ward](#), Oakville

[Carpenter Hospice](#), Burlington

[Catholic Cemeteries of Windsor-Essex](#), Windsor

[Marisa Jokelainen](#), Brampton

[North Grenville Community Hospice](#), Kemptville

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[Lynne Atkinson](#), Vision Event Management,
Brampton

[VON Chatham-Kent Community Support](#),
Chatham

[VON Hamilton](#), Hamilton

[Weaver Family Funeral Homes](#), Trenton **O**

Labyrinth as a Reflective, Contemplative Walk

by Irmgard (Immie) Manthei

As I write this in the 'dog' days of summer, I think about the labyrinth and wish there was one handy to walk on. At this moment, life feels strange, almost unbearable. I grieve for the people of London who died or were injured in the bomb explosions that shut down the underground transit system. The world feels unsafe once again. In my life, I sit tentatively between jobs, trying to find work and come to terms with what I really want to do for my life's work, yet again. As I grapple with these many questions and feelings, I think about the labyrinth and how in a way, I'm on it. Although not physically walking one at this moment, but life as one. I cannot see where exactly I am at this point of my life. It feels like nowhere. The next turn, incident, phone call or event that will shape my life is not yet visible to me. I don't know where I'm going, what direction I'm going to. However, I do know that I must keep going. Can't live in this turmoil where my thoughts jump about like the season's grasshoppers without direction. But that is how it is with me at the moment. I really cannot see my path far ahead, only what is here today, directly in front of me. I trust that I will reach a still point, a centre where things will fall into place, but I am not sure, I go on knowing that eventually, this is so.

Walking a labyrinth is different from walking a maze. A maze usually requires that correct choices on the path be made so one can find the centre and the way out. A labyrinth is just one path to the centre and out again. It metaphorically mirrors our experience of, or journey through life. We just need to go, to follow the path and keep on going. Eventually, we arrive at the centre and then we follow the path out again.

A labyrinth may reflect our life path or it may be what we need at this moment of our journey, a quiet walk. When I'm in this state of not knowing, my tendency is to dwell on problems in my head. Walking the labyrinth takes us out of the experience of the head or brain and gives us an experience of letting the body go with the flow or the twists and turns as they come. This is fairly easy to do when physically walking a labyrinth, however, I find it more challenging to carry this metaphor in my consciousness, let go and follow where life takes me, as on the labyrinth.

Nevertheless, the act of walking it, and connecting to something deeper, larger as I walk and trusting in the flow of life, helps somehow as I engage in the twists and turns of the labyrinth. I definitely feel easier, more relaxed, even though nothing is really different, at least that I can see.

The labyrinth is an ancient symbol, over 4000 years old. It was found in antiquity and then again in the Middle Ages, where it was used in various degrees by townspeople in the cathedrals and by contemplatives. It evolved in many cultures in a variety of forms. In France, at Chartres Cathedral, during the 13th Century, pilgrims and contemplatives walked its paths when the Crusade wars made access to Jerusalem too difficult. It seems to appear in times of turmoil and social or cultural shifts. At this time of the world, again, we appear to be going through turmoil and troubled times. Religious and spiritual change, as well as, political and environmental are some present day concerns. The emergence of labyrinths in various parts of the world over the last ten years is probably no coincidence. This is a time for meditative reflection, which may help to prepare us as we engage in the world outside and also focus on our own inner conflict and change as required.

Labyrinths also connect us to or remind us of various shapes found in nature, such as the spiral of a nautilus shell, the patterns of wind currents on sand and even the patterns into which spiders weave their web. It reminds us of the physical look of a human brain, or even the intestine system in our bodies. Perhaps it is somewhat innate as a pattern in nature and thus we find a physical and spiritual connection as we go through the process of walking its paths.

We may walk in grief, or happiness, joy or confusion or just plain curiosity. But always something can be perceived. A feeling of having come through, or an accomplishment, an inner message from the way the body twists and turns on its paths, or even merely a pleasant, relaxing walk, or joyful dance. I look forward to meeting you on the labyrinth as we participate in another B.O.N. Conference. As we learn about grief and its process, and how to help others with theirs, as we in turn process our own grief on life's journey with its continuous ups and downs. When grieving, a piece of our heart is taken and with it some of our vital life energy. We lose energy by 'losing a piece of our heart'. A labyrinth walk may restore some of that lost energy and peaceful feeling. We don't know how energy and labyrinths

are connected. This is not a scientific theory, but rather another level of 'knowing'. Knowing in an experiential way, from what comes through a meditation and the body. The labyrinth serves a need helping to alleviate a sorrowful heart. Perhaps a re-balancing occurs and some energy is restored in the walking of its pattern and in the quiet setting. As we momentarily step into the labyrinth and try to leave the chattering mind behind, we focus on the journey. Energy comes through our bodies as we walk, plod or dance on the ancient path. ○



Book Reviews

Chasing Daylight: How my forthcoming death transformed my life.

Author: Eugene O'Kelly
McGraw-Hill (2005)
160 pages

Book Reviewed by Joanne Berrigan

This is at once a book that is different and of immediate interest because it is written by the person experiencing the trauma and debacle of one's reality that comes with a death sentence of terminal cancer and a six month prognosis. It is also compelling because it is about a type A, high profile, business personality (the CEO of a large American accounting firm) and thus is atypical of what you find in such a story (obviously, because such a personality is, by definition, too busy fighting to write such an exploratory memoir!). Anyhow, the substance of the book is how O'Kelly manages to manage his grief reaction in a manner that suits his comfort level by providing solutions, leading others and managing situations. This is a unique suggestion to others who may be of this personality type that may be facing the same situation.

The book thus tells of how O'Kelly identifies all of his friends and associates as "outer, middle, inner circle" and proceeds to "tell" each of them in ways that are appropriate and unique to each of

them, of his diagnosis, his feelings about his impending death, and of the positive impact that they have had on his life. He works from the outer circle inward and has quite positive experiences with most of the people he contacts. His synopsis of how he came to this decision, how he contacts and relates to each of the people in his circles and says good-bye to all that he has come to appreciate in his life and how the diagnosis has changed his priorities and focus in his life is quite well laid out. What was disappointing was that he states he did not have as much time as he feels he should have had for those in his innermost circle (his wife and children). In fact, he says little of the "closure" that he found with any of them except his daughter (this account is still sketchy and limited). The end of the book, of course, is finished by his wife, and she is, understandably, closed and censured on the topic of his closure with her and the children.

In all, if one is looking for a good story, then this is it. If one is looking for more academic insights into what "closure" might mean for a type A personality that is "on death's door", then this book leaves one wanting. Perhaps I expected too much. It has received high reviews of praise in the press and so perhaps it is worth another read later on. ○

Healing with Nature

Author: Susan S. Scott
Helios Press (2003)
211 pages

Book Reviewed by Mario Levesque

I was not sure what to expect in reading *Healing with Nature* by Susan S. Scott. Ideas of meaning making, learning from nature, and gibberish all filled my mind, and Scott did not disappoint fulfilling each of those ideas.

Healing with Nature is a tale of psychotherapist Susan Scott's personal journey documenting her response, accommodation and adjustment to a debilitating back injury. Unable to sit for more than a few minutes at a time, Scott is forced to either give up or radically change her practice. Scott literally decides to take her practice to the streets and it is through walking therapy that nature's lessons are discovered for both patient and therapist alike.

Lessons such as resiliency, renewal, hope, loss and growth are all found in the different growth habits of trees and animals on these walks which

are vividly described and related to Scott's life and those of her patients in numerous short chapters. Rose, for instance, a patient of Scott's with an eating disorder, develops a healthy attitude towards her body upon observing the diversity of trees in nature, trees that are tall and thin or wide, some leaning or twisted. Similarly, both Scott and another patient, Lana, learn to break free from life's rigidities after observing tree roots lifting up city sidewalks and tree branches growing through wrought iron fences. It is this meaning making and learning from nature that is the book's main strength.

At other points in the book, however, Scott's storytelling is belaboured and borders on gibberish. This occurs when she describes her "pilgrimage" to England where she discovered a more holistic sense of being and at other points in the book where she discusses her new found religiosity which comes across as "preachy". Luckily, these types of passages are few in number. Moreover, Scott never relates her personal journey to her family situation, leaving the reader with many questions.

Limitations aside, *Healing with Nature* is truly inspirational and a most interesting read. It should appeal to most people, in particular, those that find structured settings uncomfortable and/or those that are outdoor enthusiasts. ○



Across the Regions

Kitchener-Waterloo Regional Representative, Wendy Fifield

The summer months seem to bring with them a slowing down of programs. The senior peer support groups with the City of Kitchener end in June and resume in October. One to one support is offered in the interim.

The Waterloo Regional Bereavement Breakfast Network Group meets monthly on the fourth Thursday from 8:15 - 9:30 a.m. at the Ratz-Bechtel Family Centre and anyone doing grief support work in the area is welcome. The group is currently completing a survey to get some feedback on their forum, looking for ways to improve what they provide and to try to increase

the attendance. Discussion by a core group will take place over the summer months. The first meeting back in the fall will be Thursday, October 28. If you live in the region and would like to join us please call Wendy at 519-741-2576 for more details.

Bereaved Families of Ontario support groups also stop over the summer months. Their resource library is open for those who enjoy reading and they have a listing of books on their website: <http://www.bfowaterloo.on.ca>. One to one support is also available by contacting the office at 519-745-7280.

Going beyond is a program open to older adults grieving beyond the first anniversary of loss and meets at the Westmount Funeral Chapel. July will focus on relationships with family and friends. You can call 519-745-7280 for more information.

Hospice of Waterloo Region had a positive response to their walking with grief program this past year. They will resume in September. For more information you can contact Irena at 519-743-4114. ○

GTA West Regional Representative, Joanne Berrigan

I recently attended a seminar and discussion group in Toronto that was sponsored by BFO. It was called: **Reclaiming Our Past, to Heal Our Present: A Forum on Grief and Loss Within the Black Community** and it was quite interesting even though it left myself and many other participants wanting for more (which we were lightheartedly warned it probably would).


The day consisted of a seminar, presented by Alan Bernard in the morning and a choice of a workshop in the afternoon. As a speaker, Mr. Bernard is at once both humble and passionate about his field. My first impression was that he was too young for the résumé of accomplishments that preceded his presentation, but the breadth of his knowledge shows that this is not just his field of interest, but an integral part of his mission in life. Anyhow, to the point, the general message of his seminar was that black youth in today's "American" culture are disenfranchised. He likens the situation to a cliché that states: "a tree without its roots is destined to wither away" and says that he and many immigrants witness this first hand in the marked difference of self assurance and "knowledge of self" between those who grow up

in a country that is largely black governed and a community that is largely European/American governed. He notes that black individuals who grow up in a country knowing and seeing the variety of key societal/governing persons being black (such as teachers, politicians, judicial figures, community leaders, business owners) have a much better sense of self, of confidence, of history and most importantly of value than are those that grow up in a culture such as ours that is largely bereft of such role models. He also notes that the problem is often compounded by our education system which often teaches youth only of their recent history, thus giving little, if any, significance to black history before the times of American slavery. The glory, power, abilities, and achievements of black people from the times of African Kings and Queens, pyramids and millennia old civilizations are not merely ignored, but are shut out of the education of black youth and thus rendered valueless.

The summation of his analysis was simply that disenfranchisement results because: "it is difficult to relate to others or to have pride of where you come from when *you feel that you are impoverished* (culturally and monetarily) *but they* (the majority or non black) *seem to be reveling in the wealth and values of the capitalist world*". The key is thus to reconnect black youth with their history, to give them a sense of self and thus of value, and also to reach out to non-black community leaders, politicians, teachers, counselors, etc. and to engage them in discussion, education and informed goal directed endeavours. It truly was an engaging presentation. It was full of history, scholarly research, personal anecdotes and experience. Exactly as it should - it left many of us asking questions, reaching further, and wanting more.

The three workshops in the afternoon addressed such issues as: Ensuring the safety of service providers and users and creating a safe place for healing; Grief, Loss & Violence: how and why does loss affect the black community differently and Youth & Popular Culture: how music influences youth culture.

I attended the second workshop and found that I was definitely left wanting for more information than could possibly have been found in the limited time that the afternoon offered. This workshop was very well attended and attracted a good variety of workers that are associated with black youth and grief. It is my hope and belief that more forums, seminars or information

sessions on this pertinent topic will be forthcoming in the near future. For more notes on the seminar or the workshop, please send an email to joanne_berrigan@cogeco.ca. Also check out a new website intended as a support resource for grieving black youth: www.soul2soul.ca. 



**Niagara
Regional Representative, Marny Atkinson**

"... summertime, and the livin' is easy..." Don't those of us who work in bereavement wish that was the truth! People seem to grieve just the same - no matter what month of the year it is!

However, as I've tried to contact the BON Members this past week, it has done my heart good to see that most of them are doing 'care for the caregiver', and enjoying some vacation time to relax, replenish, and just have fun!

Over the past 6 summers, I have found that although clients continue to grieve during these summer months, it is very hard to maintain organized support groups. Most of the other BON Members feel the same.

For that reason, I will just write an overview of what is coming up in the fall in the Niagara Region.

In order to get it accurate, I have just 'cut & pasted' the updates from Janet Devine, and Jane Gordon.

Janet writes:

The Niagara West Palliative Care Team is now officially a new entity - a direct result from the success of the 2005 Enhanced Palliative Care Demonstration Project based out of Grimsby in partnership with McMaster University. The project demonstrated the need for bereavement support as part of palliative care and the position of bereavement support has now been added permanently to the team. This is a joint venture between the End-of-Life-Network, CCAC, and West Lincoln Hospital in Grimsby. Future plans will include duplicating this team across Niagara to include Niagara East, North and South so that all four Niagara Palliative Care Teams will include the new positions of bereavement support, psychospiritual advisor and advanced practice nurse. So these are exciting times!

Jane writes:

In April, we started a professionally facilitated adult bereavement support group - 8 weeks in length. We will be holding the next group starting Wednesday, October 4, 2006, 7:00-8:30 p.m. at St. Thomas Anglican Church, 99 Ontario Street, St. Catharines. As well, we are offering a biweekly walking support group, which is facilitated by trained volunteers. The "grief walk" is ongoing, through the summer months, meeting Tuesday mornings at 10:00 a.m. every second week at the Lakeside Park parking lot in Port Dalhousie. The walk is approximately one hour, including coffee time. Those interested should contact Glenys Matthews at 905-984-8766, ext. 25.


Other news in the region:

*Nancy Riou continues to offer her groups in Welland;

*Emily Vaughan (Co-coordinator of the Bereavement Resource Council of Niagara) continues to work diligently to find support for anyone in the community, and the 'BRC' is making plans for public awareness events to celebrate their 20th anniversary this upcoming year;

*George Darte's Funeral Chapel has plans to offer their Grief Recovery Outreach Program after Labour Day Weekend;

*Terry McTaggart of Niagara-on-the-Lake Community Palliative Care Service plans on offering Grief Groups in the month of October, partnering with Morgan Funeral Homes;

*Marny Atkinson of Morgan Funeral Homes will have general support groups, and several focused evening events offered in Niagara Falls starting the end of September (after the fantastic BON Conference is held, so that I can implement some of the new ideas I get there!). Happy Holidays to all! 

Simcoe-York-Dufferin

Regional Representative, Kathi Kelly

Hi from cottage country. This time of the year, driving north of Toronto on the 400 is a trek not for the faint hearted. Interestingly, the influx to the area brings a different kind of business to those of us dealing with bereavement. I would be interested in knowing if you too receive more on-line referrals in the summer. Vacations and grief have a curious connection.

Grieving Children at Seasons just held a successful fund raiser on the Serendipity Princess. Lots of chocolate, good will and calm waters on the Kempenfelt Bay were enjoyed by many.


Camp is currently running and if volunteering in a facility for children and families is something you're considering, give Joan Kennedy a call at (705) 721-KIDS for info on training.

Hospice King Aurora bids farewell to Sandie McComb-Durant as she contracts her bereavement support to an appreciating community. Last fall, Sandie spearheaded the training program held in New Market with a committee of bereavement coordinators from four other Hospices. Sandie will be speaking at the HAO if you have the chance to hear her.

Hospice Simcoe has just hired Kristy Webber to work as Program Coordinator in South Simcoe. Kristy comes with much enthusiasm and knowledge of palliative and bereavement services. Welcome Kristy.

July 28 at Hospice King Aurora and Sept. 22 at Hospice Simcoe in Alliston - **The Healing Journey Program** created by Alastair Cunningham will be offered. For more info call - 705-435-7218.

The Capital Campaign is launched in Barrie for the much anticipated Residential Hospice Building. This 10 bed facility will be a home as well for Hospice Bereavement Services, as well as, Circle of Friends. With Dragon Boat Races and Charity Golf Events planned for the summer, we move closer to bringing the dream to life.

Hope your calendars are marked for the BON Conference. See you there. 

Halton-Hamilton

Regional Representative, Cara Grosset

BFO Hamilton/Burlington is taking registrations for fall bereavement support groups: mothers of young children, mothers of adult children, a dad's group, TLC for Kids (ages 5-12 years), perinatal/infant loss, PALS (teens aged 13-18) and a Young Adult Growing Through Grief Program being planned for November 2006.

Reflections 2006, 5th Annual Dinner, Concert & Fundraising Event is happening Friday, November 10, 2006 at the Burlington Convention Centre featuring Johannes Linstead. Tickets are \$75. Call BFO H/B at (905) 318-0070 to order.

Members of the **Hamilton Bereavement Network** are planning events for Bereavement Month, November 2006. Information will be shared once available. The next network meeting is scheduled for Wednesday, September 6, 2006, 9am at Cresmount Funeral Homes, Uppr James, Hamilton. If you would like more information or to attend, please call Julie Brooks (905)574-5070.





**Chatham-Windsor-Sarnia
Regional Representative, Bridget Murphy**

Greetings from Sarnia! I have just joined BON as the new regional rep for Chatham, Sarnia, and Windsor and Marilyn Cox tells me that now is a good time to introduce myself. I have a private practice in Sarnia that is called In the Lee of Loss Grief Support Services. In addition to supporting people facing losses of all kinds, I am very active in my community where I volunteer my time with the Canadian Mental Health Association (Self Esteem is Elementary Series), Bluewater Health Services (Supportive Care Visitor), When Mourning Dawns (Co-facilitator of grief support group), and the Grief Support Network of Sarnia-Lambton (Chair). Grief education is also important to me and I have had the good fortune to be invited to speak to a variety of organizations and groups of people. I also practice Therapeutic Touch as an adjunct to offering grief support. By the way, if any of you are ever looking for resources in Sarnia, the Grief Support Network of Sarnia-Lambton has produced a brochure featuring many different kinds of grief support in our area. This brochure is available electronically and I can forward it to you if you email me at intheleefloss@hotmail.com. I am really looking forward to meeting all of you at our Conference in September. I love the energy when a large group of like-minded people come together. See you then!

Arrivals & Departures

We welcome two new regional representatives. **Bridget Murphy** is serving the Chatham-Windsor-Sarnia Region and **Santina Marasco** will be serving the Sudbury-Sault Ste. Marie Region as of September.

We regret to announce that **Nancy Gingerich** has stepped down as editor of this newsletter. We thank Nancy for sharing her talent and time.

Norma Beam, regional representative from Sudbury-Sault Ste. Marie will be resigning her post at the AGM. Thank you Norma for your contribution to BON.

Upcoming Events

Bereavement Ontario Network 16th Annual Conference

Adjusting Your Sails ... navigating through loss

September 20 - 22, 2006

Geneva Park YMCA Conference Centre - Orillia

For more information:

Phone: 519-225-2263

Email: info@BereavementOntarioNetwork.ca

Visit BON's website for Conference Brochure:
<http://www.BereavementOntarioNetwork.ca>

RTS Bereavement Support Training Conference

October 4 & 5, 2006

North Bramalea United Church
363 Howden Blvd.
Brampton, Ontario

Presented by:

Perinatal Bereavement Services Ontario

Phone: 905-472-1807 (1-888-301-7276) or

Email: pbsocares@pbsoc.ca

Website: <http://www.pbsoc.ca/>

The Edith Fox Life & Loss Centre Camp Star

DRAMA GROUP starting August 14th

To build self-esteem & confidence which has been affected by loss (children 9-11yrs).

Time: 9:00 – 11 AM (Mon-Fri)

Location: The Pig House (*it's a Studio!*)

1931 Northport Road-Prince Edward County

Interviews required for acceptance to program.

Early Registration Advised

<http://www.edithfoxcentre.org>

Contact: Kathleen Foster-Morgan

email: kathleenfm@willowshore.ca

**The Suicide Prevention Community Council
Presents:**

**The 6th Community Forum on
Preventing Suicide**

When: Tuesday, September 26, 2006

Time: 9:00 a.m. to 3:30 p.m.

Where: Carmen's Banquet & Conference Centre,
Hamilton, ON

Cost: Registration fee \$50.00 (before Sep. 8th)
Registration fee \$65.00 (after Sep. 8th)
Students, Volunteers, Seniors fee \$15.00

To Register call: (905) 546-CITY

Itinerary:

[http://www.cishw.on.ca/faxdata/2006/Jun/2006Jun12 .pdf](http://www.cishw.on.ca/faxdata/2006/Jun/2006Jun12.pdf)

**TAPE Educational Services
Summer Institutes 2006**

Early Intervention Field Trauma Response

Course Date: August 21st, 2006

Course Director: Donna Watson-Elliot
(B.S.W., B.Sc., M.Ed.)

Course Price: \$250 + \$15 GST = \$265

**Death, Dying, Palliative Care
& Bereavement Education**

*(The Dr. John D. Morgan Online Certificate
Program)*

Course Date: September 9th, 2006
- June 29th, 2007

Course Director: Katherine Murray (B.S.N.)

Course Price: \$179 + \$10.74 GST = \$189.74

REGISTER NOW

416-929-3396 or 1-877-270-8273

www.tapestudies.com
learn@tapestudies.com

Note

BON facilitates member-to-member exchanges via mass email. If you have upcoming events that you would like other BON members to know about, please provide complete details about the event including contact information to:
info@BereavementOntarioNetwork.ca

Editor's Note

by Marilyn Cox

We've just passed the half way mark on the calendar and it has been a good year so far. BON has 172 members and the Conference Committee has an excellent itinerary lined up for September.

The great news is that BON continues to be filled with inquiring minds, energy and talent. If you've never asked the membership for help, try it sometime ... BON members take the time to answer the tough questions. I am always awed by the number and quality of responses that shows up on the computer screen from a single inquiry.

I am pleased to be serving the membership in my new role as editor of this newsletter and I look forward to talking to many of you at the conference to get your input for upcoming issues.

O



undergoing my daily regimen of "pooch" therapy

... have something to say?

We are looking for articles and photos for the post conference newsletter.

Digital B/W PC quality **photos** preferred.

Read a good book?

Book Reviews - 250 to 500 words.

Articles - 500 to 750 words

Feature Article - 1500 words

Coming Events - date, time, location, contact

Have a message for the membership?

Member-to-Member - up to 50 words

Submit to:

info@BereavementOntarioNetwork.ca

Deadline: November 1, 2006