

BEREAVED NEWS

NOVA SCOTIA

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Welcome to the Fall!

In 2023, we made a commitment to supporting as many Nova Scotians that have lost loved ones as we can. As we reflect on the past year we're struck by the incredible journey we've taken together. We've been bustling with activity—launching new programs in additional locations across Nova Scotia and ensuring our current programs run seamlessly. It's been a deeply fulfilling time for all of us - our Board of Directors, Staff and Volunteers! Here are some highlights since last Fall:

- There were 1148 participants that attended Bereaved Families programs across the province to a total of 46 programs and 186 sessions representing over 90% increase in the number of participants compared to the previous year.
- We offered programs in 10 new locations, taking our total locations to 12 across Nova Scotia.
- We proudly welcomed 32 new facilitators into our team, enhancing our ability to support those that have lost loved ones with even greater dedication.

As we look ahead, we're committed to continuing this journey by expanding our programs to new areas and ensuring that anyone who needs them has access to them.

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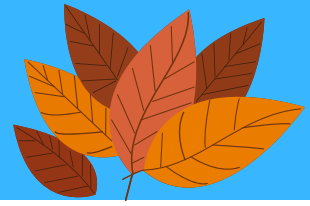
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What's Happening?



New! Traumatic Loss Program

Programs set to begin in October

In partnership with Roots of Hope Nova Scotia and support from the Mental Health Foundation of Nova Scotia, we have introduced the new 8-week Traumatic Loss Program designed to aid individuals coping with loss of a loved one from suicide, homicide or substance use. The program fosters connection and healing by bringing together grieving individuals who share similar experiences, guided by a professional understanding of group dynamics within a supportive, closed-group environment. If you are interested in this program or would like to register, please contact us.



“You will survive and you will find purpose in the chaos. Moving on doesn’t mean letting go.”

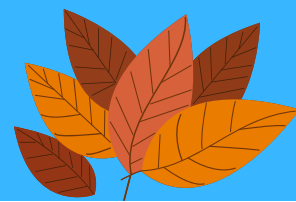
New Program Locations

Despite limited resources, Bereaved Families will continue to offer programs including Monthly Support’N’ Share, 6-week Living with Grief and 8-week Traumatic Loss at 2 new locations: Baddeck and We’koqma’q. These programs are free of cost, open to adults and require advance registration. This development represents new programs and healing opportunities in these communities. We will also be expanding our programs into other communities including HRM. These new locations will offer specialized support groups and therapeutic workshops, designed specifically to aid those navigating the profound loss of a loved one.

The butterfly is a powerful beacon of growth and new beginnings, the butterfly signifies the power of transformation and the incredible feats we can achieve when we trust ourselves.



Resilience and Wellness Sessions



Paint nights, Creative writing, Meditation and more...

In over 30 years of supporting the bereaved, we have come to understand that healing doesn't end with grief programs. Discover renewed strength and inner resilience with our transformative Resilience and Wellness program which is designed to empower individuals that have completed one of our grief programs. Each month, a different activity is offered such as meditation, healing through music, paint nights, creative writing sessions, and cooking classes.



These carefully curated experiences, crafted to nurture emotional well-being and facilitate personal growth, are exemplified in the vibrant scenes captured from our most recent paint nights held in Sydney, Nova Scotia in April and May. Whether you seek solace, inspiration, or simply a space to rejuvenate, our program invites you to embark on a journey of healing and self-discovery through engaging in activities like these. Join us as we embrace the power of resilience together. If you have been through one of our Grief programs, contact us to book your spot. The programs are free of cost.



Art for the grieving hearts
"All the art of living lies in a fine mingling of letting go and holding on"

2024 Fall Schedule



Here are some of the locations and confirmed programs for the Fall. To learn more about Bereaved Families of Nova Scotia programs being offered within your area or to register for any upcoming program contact us today: info@bereavedfamiliesns.ca.

Virtual

Support 'N' Share
Living With Grief
Traumatic Loss

We'koqma'q

Support 'N' Share
Living With Grief

Sydney Mines

Living With Grief
Adolescent Grief

Sydney

Living With Grief Loss of a Child
Loss of a Parent Loss of a Pet
Loss of a Spouse Adolescent Grief



South Shore Areas

Living With Grief
Support 'N' Share

Antigonish

Living With Grief
Suicide Loss Grief Circle

Baddeck

Living with Grief



Volunteer Spotlight



Sharon Ings



Meet Sharon Ings, one of our dedicated volunteers and a certified facilitator with Bereaved Families of Nova Scotia. Sharon joined our organization in 2022, bringing a wealth of expertise in social sciences, grief counseling, and career development.

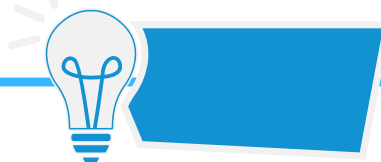
Her personal journey is marked by the heartbreaking loss of her youngest daughter to small cell carcinoma. This deeply informs her compassionate approach to supporting others. Sharon co-facilitates and often leads our impactful “closed support group” sessions in the Cape Breton area. Recently, Sharon completed the specialized Traumatic Loss training and she has been regularly facilitating the 6-week Loss of a Child and 6-week Living with Grief programs. Her participation was pivotal in launching the inaugural Roots of Hope Traumatic Loss program in Sydney from March to May 2024, providing a structured environment for healing and connection within our community. Sharon’s unwavering dedication and expertise exemplify the compassionate support Bereaved Families of Nova Scotia offers to individuals facing profound loss.

Bereaved Families needs volunteers

If you’re passionate about helping others navigate their grief journey, join us! As a valued facilitator at Bereaved Families of Nova Scotia, you will be provided with the training and tools to help individuals and families facing loss and foster healing. We are in need for facilitators all across Nova Scotia. If you would rather do something else to support us, we have other roles!

Navigating Grief

- Accept some loneliness
- Choose good company
- Be gentle with yourself
- Get extra rest
- Embrace all emotions
- Set a regular sleep schedule
- Move your body
- Talk to your doctor
- Keep structure in your day
- Set goals
- Be cautious
- Take care of your inner needs



**VOLUNTEERS
NEEDED**

Call 902-564-6795 or e-mail:
info@bereavedfamiliesns.ca

A Grief Journey



Linda's Story

Linda MacCormick participated in Bereaved Families 6-week Loss of a Parent program in the Spring of 2024 after losing her mother. She shares her story below:

"When I started the group, I felt very lonely, unable to talk to anyone about my loss except for the people in this program. I was highly emotional. Sharing my feelings with others who had experienced similar losses was incredibly helpful. The facilitators were excellent—patient and understanding. Their support made me feel less isolated. The suggestions from the group were invaluable. I took small steps and became more involved with my church, started volunteering, and even went to Tim's for coffee. These activities provided comfort and strength during this difficult time. Although I still struggle, I continue to apply what I learned in the group, along with other community resources. This program has been immensely beneficial to me! I wholeheartedly recommend this program to anyone who has lost a parent and seeks understanding and comfort in their grief."

~ Linda MacCormick, participant.



*"Grief never ends....
But it changes!
It is a passage,
not a place to stay.
Grief is not a
sign of weakness,
nor a lack of faith...
It is the price of love."*

Have you lost a parent and need help with your grief? Join our 6-week Loss of a Parent program where in a safe and empathetic space, you'll find solace, share memories and explore healing strategies alongside peers who understand. Take the first step toward healing with us, where understanding and support awaits. *Find yourself again!*

- 6-week Loss of a Parent program is crafted to unite individuals who have experienced a similar loss of a loved one.
- Guided by trained Facilitators.
- All programs are held in a safe space.
- Registration is now opened.
- Seating is limited.



September 24th - October 29th



6:00pm - 8:00pm



188 George Street, Sydney NS

Community Initiatives



Hospice Expo

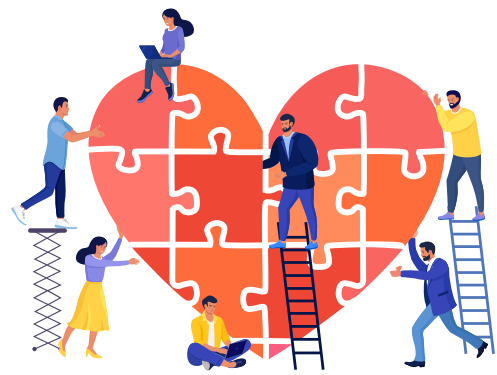


On May 2024, Bereaved Families of Nova Scotia participated in the Hospice End-of-Life Expo to share information about our support services. The Expo provided an opportunity for all of us to connect with individuals dealing with grief and loss, emphasizing commitment to compassion and fostering resilience in the community. Flo Fogarty, Program Administrator along with Alfya Fazil, Administrative Assistant represented Bereaved Families of N.S. at the Hospice 2024 Expo in May.

*"We are a community
Not by choice
But by circumstances
We reach out
To each other
In love and understanding
With tolerance and patience
We are community
We do not grieve alone"*
From the Grief Toolbox 2013

Mental Health Coalition

In January 2024, Bereaved Families joined the Nova Scotia Community Mental Health Coalition along with 5 other organizations. The Community Mental Health Coalition leads a united voice in Nova Scotia for community driven mental health solutions for people living with mental illness and addiction, through all stages of their lives. The Coalition has identified several objectives including sharing knowledge and resources to create a culture of support and collaboration, conducting sector-wide impact measurement and reporting, using data-informed narratives to understand and address inequities in the mental health domain and growing the coalition to fully represent the sector by broadening the coalition's membership across informal /formal support, geography, lifespan, and communities served. Bereaved Families Project Lead, Kuli Malhotra is working actively together with various partners to accomplish these objectives.



#Community



Thank you Donors!

We can never write enough to thank our donors without whom we would not be able to bring grief programs across Nova Scotia. In the past year, we have received tremendous support from the Office of Mental Health and Addiction, Province of Nova Scotia, the Mental Health Foundation of Nova Scotia, United Way, Capers vs Capers (Cape Breton University Students' Union), 100 Women Who Care, anonymous donors and many others to make these programs possible! Thank you!

Mental Health and Addictions

The Office of Department of Mental Health and Addiction provided funding to expand programs across Nova Scotia. This allowed us to expand programs to new communities.

Mental Health Foundation of Nova Scotia

In 2023, the Mental Health Foundation of Nova Scotia provided funding to train facilitators and bring the Traumatic Loss Program for the first time to Nova Scotia in partnership with Roots of Hope Nova Scotia. Roots of Hope is a multi-site, community-led project, created by the Mental Health Commission of Canada, that aims to reduce the impacts of suicide within communities. As a result of the support of MHFNS, the Traumatic Loss Program is now available to Nova Scotians. To find out more about this programs and to register, contact us.

United Way Cape Breton

We are thrilled to announce that Bereaved Families has received generous funding from United Way to support our 2024-25 Adolescent Grief Programs in partnership with Schools Plus. This funding will enable us to provide crucial support to youth in middle and high schools in the Cape Breton area that are coping with the loss of a loved one. We extend our heartfelt thanks to United Way for their impactful support and belief in our mission.

Capers Helping Capers



In April, we celebrated with CBU Students' Union - Capers Helping Capers as they exceeded their fundraising goal, raising \$22,000 to support local nonprofits, including Bereaved Families of Nova Scotia. We are honored to have been chosen as a beneficiary and are grateful for their generosity.





Annual General Meeting

Our Annual General Meeting will be held in October. The Board of Directors will be seeking additional nominations from various jurisdictions in Scotia. If you or someone you know is interested to join the Board of Directors or committees, please contact us for more information.



Bereaved Families of Nova Scotia

ANNUAL GENERAL MEETING

We invite you to attend our 2024 Annual General Meeting.

October 23rd @ 12:00pm-2:00pm
The Horizon Achievement Centre
258 Ferry St., Sydney, N.S.

Lunch will be provided.

Founded in 1990, Bereaved Families has been providing mental health support, programs and services to help Nova Scotians cope with grief from the loss of a loved one.

Join us to learn more about how you can get involved in supporting the mental health of Nova Scotians.

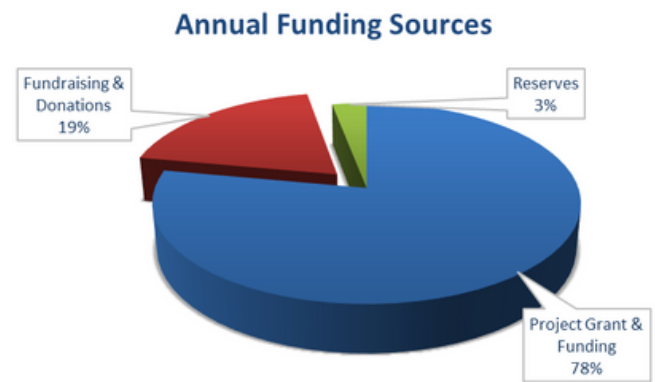
RSVP By October 10th

info@bereavedfamiliesns.ca
(902) 564-6795



Fundraising Campaign


Grief-related mental health is a significant issue facing communities across Nova Scotia. Our 2024-25 annual operational budget of \$300,000 is based on various streams. In the 2023-24 fiscal year, 19% of budget was achieved through fundraising.








This year, our goals is to raise \$100,000 through fundraising.

These funds will be utilized to address inequities in the province in programs such as Adolescent Grief, Traumatic Loss (loss through suicide, homicide and substance abuse). The funds will also be used to offer programs and services to indigenous, 2SLGBTQ+, newcomers and other marginalized communities.

Your donation will make a difference in the lives of people who are grieving. Bereaved Families has a charitable status and can issue a tax receipt for your donation.



-  (902) 564-6795
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