



BEREAVED FAMILIES OF ONTARIO DURHAM REGION

NEWSLETTER

“BEREAVED, HELPING THE BEREAVED LEARN TO LIVE WITH GRIEF”

ISSUE 2

www.bfodurham.net

May 2020

The Board of Directors’ Corner

“A Year of Change”

Message from the Board Chair

2019 began with a major change, the move to our new premises. Any change is stressful to some degree. The board, along with Jane, had spent many hours on all the preparations needed for this move. The old office, despite its many limitations (especially the narrow steep stairs) had long been a place of comfort and support, much loved by our members. One of the concerns of this move was, can we recreate a place of welcome, safety and warmth in the new much larger premises. Thankfully the new office almost immediately became a focus of great support to all who visited it. Thank you to Jane and her volunteer helpers who played a large role in this. The year saw a huge increase in demand for the support services of BFO Durham. No doubt the easier access and greater visibility of the new office influenced this. Thankfully the increased space allowed BFO to meet those demands and indeed expand our programs to bring support to children and bereaved siblings.

2019 was also a year of change to the board, **Louise O’Donnell** and **Micheline Ball** resigned their positions as board members. Louise first came to BFO in January 2000 after the death of her son Kevin. Louise found BFO to be a great support to herself and her family and took the facilitator training in 2002. Then, as now, board members are involved in many areas of BFO’s services. Louise along with members of her family spent many years organising the “Walk to Remember” and several dinner /dance fundraisers. Louise also took on the role of vice chair on the board and still volunteered as a facilitator of many groups and drop ins. For the past several years Louise has played a huge part in the training of new facilitators. Due to huge changes in Louise’s work situation involving a lot more responsibilities and increased travel requirements Louise felt she was unable to commit to the board as much as she would like but will continue to volunteer as a facilitator when needed and also help with facilitator training. Micheline came to BFO drop ins to support her sister Louise O’Donnell. She worked with Louise on the ‘Walk to Remember’ and also many other fundraisers. She first came to the board as the recording secretary in 2005 and then moved on to be one of the board members. For many years Micheline did an amazing job as the editor the newsletter. Micheline has taken on a new challenge with her dog to volunteer for Therapeutic Paws Canada

Continued on page 7

MAY 2020

Reconnect Virtual Drop-In Monday 4th, 1-3 p.m.
Virtual Drop-In Monday 4th, 7-9 p.m.

Infant Loss Virtual Drop-In Tuesday 5th, 8-9 p.m.
Virtual Drop-In Wednesday 6th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 6th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 11th, 1-3 p.m.
Virtual Drop-In Monday 11th, 7-9 p.m.

Sibling Loss Virtual Drop-In Tuesday 12th, —7-9pm.

Infant Loss Virtual Drop-In Tuesday 12th, 8-9 p.m.
Virtual Drop-In Wednesday 13th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 13th, 7-9 p.m.

Victoria Day - Monday 18th - **Office Closed**

Infant Loss Virtual Drop-In Tuesday 19th, 1-3 p.m.
Virtual Drop-In Wednesday 20th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 20th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 25th, 1-3 p.m.
Virtual Drop-In Monday 25th, 7-9 p.m.

Infant Loss Virtual Drop-In Tuesday 26th, —8-9 p.m.
Virtual Drop-In Wednesday 27th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 27th, 7-9 p.m.

JUNE 2020

Reconnect Virtual Drop-In Monday 1st, 1-3 p.m.
Virtual Drop-In Monday 1st, 7-9 p.m.

Infant Loss Virtual Drop-In Tuesday 2nd, 7-9 p.m.
Virtual Drop-In Wednesday 3rd, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 3rd, 7-9 p.m.

Reconnect Virtual Drop-In Monday 8th, 1-3 p.m.
Virtual Drop-In Monday 8th, 7-9 p.m.

Sibling Loss Virtual Drop-In Tuesday 9th, 7-9p.m.
Virtual Drop-In Wednesday 10th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 10th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 15th, 1-3 p.m.
Virtual Drop-In Monday 15th, 7-9 p.m.

Infant Loss Virtual Drop-In Tuesday 16th, 8 p.m.
Virtual Drop-In Wednesday 17th, 1-3 p.m.

Reconnect Virtual Drop-In Wed 17th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 22nd, 1-3 p.m.
Virtual Drop-In Monday 22nd, 7-9 p.m.

Virtual Drop-In Wednesday 24th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 24th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 29th, 1-3 p.m.
Virtual Drop-In Monday 29th, 7-9 p.m.

Infant Loss Virtual Drop-In Tuesday 30th, 8 p.m.

"THE WILLINGNESS TO VOLUNTEER IS A SELFLESS ACT"

THE FOLLOWING VOLUNTEERS CONTINUE TO SUPPORT BFO DURHAM ON A DAILY BASIS

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS -

Jane Carter, Charlotte Brisco, Magda Zoelman, Sharon Sears, Nichole Dickhoff, Denise Love, Jackie Foster, Denise Robinson, Angela White, Yvette Byrne–Menard, Louise O’Donnell, Lisa Fogg, Rebecca Alley-Wilson, Donna Dickison, Tammy Johnson, Gary Goswell, Chris Garvey, Wayne Wanamaker, Sherry Lancaster, Sherry Mitchell, Penny-Claire Tilley, Joe Tilley, Andrea Onley, Jonathan Onley, Greg Wright, Brad Brown, Karen Beckett, Kelly Fitzpatrick, Rocco Granato, Kathie Hill, Lorraine Kingsley, Evelyn Rudd, Kirsty Sinclair, Linda Wiseman, Debby Kelly, Wendy Topham, Leta Fitzgerald, Coleen McKeown, Linda Watson, Megan Muir, Adele Davidson, Eric Davidson, Ken New, Marjorie Whitehouse, Elizabeth Davidson, Karen Fish, Tanya Fowler-MacLeod, Lauren Keeping, Vanessa Longhurst, Bev Campbell, Kelly Nimec, Karin New, Aimee Pepper, Anna Quattrocchi and Cora Silininkas.

LIBRARIAN - Denise Love

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Vanessa Longhurst

ANNIVERSARY LETTERS - Office Volunteers

WEB SITE - Ronda Evans, Linda Watson, Adele Davidson

NEWSLETTER – Adele Davidson

MOTHERS’ RETREAT - Susan Hendricks and Joyce MacIntyre

BFO DURHAM BOARD OF DIRECTORS - Gary Goswell, Marian Rehr, Wayne Wanamaker, Sharon Sears, Chris Garvey, Kirsty Sinclair & Bev Campbell

HONORARY BFO DURHAM BOARD DIRECTOR - Margaret Fortune



Do I choose to wake up every day and grieve?

No. I wake up every day and know a part of me is missing.

-Steve Jobs

A MESSAGE FROM YOUR EDITOR

Hello everyone,

I’m sending you all my virtual ((Hugs)) as, at the time of publishing the newsletter, we are still in the hold of the Covid-19 quarantine.

We were blessed with a relatively mild winter, and the Easter weekend, although sad because we couldn’t be amongst our friends & family, gave us sunny days and a hint of the weather to come (without the negative wind chills of-course ☺).

Because we cannot forecast the time when the quarantine will end, you will find in this newsletter, 2 calendar schedules – 1 with our virtual (Zoom) meetings, and the 2nd with our usual face-to-face events. As soon as the quarantine is fully lifted we will resume our in-person events. .

We would love to include items from our members and you can submit them any time to the office or directly to myself glasscup_19@hotmail.com

((Hugs))
Adele

BFO – Durham Teaches Bereaved Parents How to Smile Again

By: Catalina Salas

Nothing is more devastating than the death of a child. The pain does not compare to any other loss. However, the hardest part of the journey may be learning how to live after it.

Beavered Families of Ontario (BFO) is a non-profit organization that was started in 1978 by four beavered moms who came together after having each lost a child. They started a group as a personal and group support program under the auspices of the Chaplaincy Department of the Hospital for Sick Children. The support group grew, welcoming other parents who were also grieving.

If there is one aspect that is common to all people who have suffered the tragedy of losing a child, it is the feeling of loneliness and misunderstanding. Many feel isolated because they think that nobody can understand their pain.

Chris Garvey, who has been a member of the board since 2015, found help through BFO's support groups shortly after the loss of his son Blake in 2013. "At first, I felt scared because I didn't know what to expect. But after my first session I felt that I had found my safe place, a place to talk, a place not to be judged and a place to come with any emotion I had," expresses Garvey.

Several families have found their safe place in BFO – Durham, a safe and caring environment where bereaved parents are allowed to share their feelings with others who have gone through the same experience.

These parents, far from being locked in their sorrow, open their hearts to understand and help others who are going through the same situation. After all, shared pain brings people together. "I made real connections with people in the groups. We are this big family. We support each other, we laugh, and we remember our children with a smile," says Garvey.

After becoming a trained facilitator, Garvey realized there was a need for a group that could support grieving fathers, so he re-opened and facilitated the father's group support that had been absent for many years. "After my son passed, people would usually say to me '*I'm sorry for your loss. How is your wife doing?*'. A lot of people don't think fathers need the same kind of support that mothers need. I lost a child too," explains Garvey.

However, It's not all darkness and tears. Despite going through a painful time, parents share their experiences in the support group and smile without feeling guilty. "As a facilitator, seeing parents make that progress is the best feeling in the world. During the first sessions, you see that they are nervous, they are shaking and scared, but by the last session, they usually breathe a little easier and you see them smile," mentions Garvey.

If you are grieving, you are not alone. BFO welcomes families in need to join support groups and programs free of charge any time. Unfortunately, the organization does not receive any funds or support from the government. For that reason, they rely only on individual donations and fundraising events. One of the major events is the annual "Walk to Remember" where families walk as one to honour the memory of their loved ones. "Our Walk to Remember is a special time for all BFO families to reunite and share stories of our children," adds Jane Carter, Executive Director, BFO.

Besides raising funds to keep supporting the community, BFO hopes to continue raising public awareness for the organization and its services. "I can't think of anything worse in anyone's life than to lose a child, and we have to let people know that there is hope, that there is a place to come and seek support," says Garvey.

- 2020 SPONSORS -
WALK TO REMEMBER
Thank You!



BEREAVED FAMILIES OF ONTARIO - DURHAM
THANKS ALL OUR SPONSORS, VOLUNTEERS,
MEMBERS AND COMMUNITY

2020 WALK TO REMEMBER

We had another wonderful turn out at our 2020 Walk to Remember. Registration began at 9:15 A.M. and after an energizing warm up by Donna Davidson and her family, the walk began at 10 A.M., with refreshment and prizes for the participants. Cones and Characters generously donated their time and talents again this year providing us with Princess Elsa and a face painter. Spiderman was there as well to entertain the children. Thank you to Jonathan Onley and the ROKZ band who provided beautiful music while the participants did their laps. Jonathan does this in memory of his daughter Sarah.

Without the help of the generous community, walkers, volunteers, donors and sponsors, BFO-Durham could not have surpassed their fundraising goal of \$14,000.00 These funds ensure that our bereavement support programs stay open and are available to those in need. All the donations made to our organization are greatly appreciated.

This year's walk banners were donated by two families. One banner was donated by the Campbell family in memory of their son, dad, brother and uncle Michael Campbell and the other banner was donated by the Silininkas family in memory of their daughter and sister Sabina. They will be hung in our office for everyone to see.

Cathy and Fritz Wiener again this year so generously donated the refreshments in loving memory of their son Karl. Thank you also to Calvin and Sarah who joined us from the Oshawa Funeral Home and provided delicious donuts and a gift bag. Thank you to Jodi Gorham who generously donated the button machine in memory of her daughter Jorja.

Thank you to our top pledge earners: Bev Campbell, Sherry Mitchell, Karin New, Cora Silininkas and The Wiener family for all their hard work in getting sponsors.

A SPECIAL THANK YOU TO OUR HARD-WORKING VOLUNTEERS: BEV CAMPBELL, SHARON SEARS, MARIAN REHR, JANICE HICKS, MARK ANDERSON, ADELE DAVIDSON, LIZ DAVIDSON, ANITA FELLOWS, KAREN FISH, VANESSA LONGHURST, CORA SILININKAS AND OUR DEDICATED STUDENT VOLUNTEERS AS WELL AS CATALINA SALAS FROM DURHAM COLLEGE.

**THANKS EVERYONE FOR YOUR PARTICIPATION IN THE
'WALK TO REMEMBER 2020'**





Walk to Remember 2020

On behalf of the Walk to Remember 2020 Committee, we would like to express our heartfelt THANKS to all our sponsors, the many volunteers who helped us prepare and run the event, and our members (along with their friends, families & supporters), without whom we would not have been able to hold this, our annual fundraising and memorial event. Through the generosity of everyone involved, we are happy to announce we raised a fantastic amount of \$14,000.

Thank you again to everyone for joining us in 2020, and we hope to see you all again next year.

“A Year of Change”

Message from the Board Chair (Continued)

On behalf of the board I would like to thank both sisters for their many years of service to BFO Durham and on the board of directors. We also thank Louise and Micheline for all their work in designing and creating our new webpage.

I would like to welcome and introduce our new board members **Kirsty Bradshaw** and **Bev Campbell**. Kirsty came to BFO in 2015 after the death of her son Kyle. She was greatly helped in her grief by the support from BFO and wanted to “give back” to the organisation. She took facilitator training in 2017 and since then has worked tirelessly facilitating mother’s support groups, monthly drop in’s and providing one on one support. Last year Kirsty helped plan and facilitate our Children’s support groups. You will also see Kirsty working hard at all our fundraisers on the ‘day of’ and as part of the committees who planned the event. Bev came to BFO for support after the loss of her son Michael in January 2010. She took facilitator training in 2013 and like Kirsty has been very active volunteering as a facilitator and helping with all our fundraisers. Bev also volunteers in the office and has represented BFO speaking to other organisations in request for their support.

Thank you also to **Chris Garvey** who has taken on the role of vice chair on the board and to **Adele Davidson** for becoming our newsletter editor.

The final most recent “change” was having to close our office and suspend any person to person support due to the COVID-19 crisis. We also had to cancel or postpone upcoming fundraisers, a challenge that many charities are facing. We are hopeful the government supports recently announced will be available to help BFO Durham.

Thank you to Jane and many facilitators who are maintaining support via the telephone and with virtual drop in’s using Zoom. There is no greater support than the actual physical presence of another bereaved parent but hopefully these online sessions will be of some help until we can reopen to our members.

Stay safe,

Gary Goswell,
Chair, Board of Directors BFO -Durham



At this age, everything is changing. Day by day we don't notice, but just look back over the past year and you will realize everything has. People you thought were going to be there forever aren't, and people you never imagined you'd be speaking to are now some of your closest friends. Life makes little sense, and the more we grow the less sense it will make. So make the most of now, before it all changes once again, because in the near future, all of this is only going to be memories.

FROM THE DESK OF YOUR EXECUTIVE DIRECTOR

Dear Friends:

WE ARE STILL HERE FOR YOU! During these uncertain times with COVID 19 Bereaved Families of Ontario – Durham Region has remained available to everyone through Facebook, telephone, email and most recently Virtual Zoom Drop-Ins. For those of you who are not familiar with Zoom there will be instructions on how to join a zoom meeting.

BFO-Durham can certainly appreciate how this COVID 19 isolation and the loss of our community connection can be for someone who is grieving. We had to postpone our moms groups, dads group and infant loss group midway. Please be reassured that once we are able, we will complete those support groups. We also had two new moms groups that were unable to start at the end of March. We therefore are trying our best to reach out to our BFO-D community so that our grieving families feel supported. These are very lonely times for all of us so reach out to a friend or text someone to keep connected.

We are following the rules set out by our government and once we have the go ahead to resume activity here at BFO-D you will all be notified. Of course we can all appreciate safety first.

I would like to thank our dedicated facilitators who have reached out to many new families as well as other members as they try and navigate through their grief and COVID 19.

There are several fundraisers that had to be postponed but there are also some we hope to move forward with as soon as the restrictions are lifted. Please save the dates for those upcoming fundraisers found in our newsletter.

Until we can all meet again in person, please remember BFO-Durham is here for you to offer support and know you are not alone.

Stay well and stay safe.

Jane Carter

Note from the Treasurer:

Covid-19 has affected every non-profit/charity in different ways. Finances, contact, support, groups and drop-ins, all these aspects have suffered.

We are fortunate that although we were required to close, we are still able to offer support through telephone, email and digital contact to families who at present depend on us.

Jane is not able to meet with you physically but is available at the other end of telephone and laptops or other digital means.

Through your continuous support for our fundraising events in the past, generous donations by several members who prefer to remain anonymous and annual events such as the Ride to Remember, various family golf tournaments and baseball games, dance/dinners, Blade, walk or ride event, we were fortunate to be able to build a cushion to see us through this crisis. We thank you for your support.

We are also taking advantage of all benefits the federal government is offering the small business section. So we are looking forward to meeting with all of you again after all restrictions are lifted and we can return to regular meetings, such as groups, drop-ins, Euchre nights and not to forget; The spring Fling, renamed the Fall or Halloween fling.

Financial statements for the year ending 2019 is now available at the office upon request.

Hang in there; all will pass.

Marian Rehr
Treasurer.

CONGRATULATIONS

BFO-DURHAM WOULD LIKE TO CONGRATULATE:

Rebecca Clancy & Hayden Walker on the safe arrival of their son Jack Powell Walker, born March 24 2020. Jack's siblings are Kiera, Kylie & Jake

CONDOLENCES

BFO-DURHAM WOULD LIKE TO SEND THEIR DEEPEST CONDOLENCES TO:

Bonnie Lane on the loss of her mother-in-law Mary Bell.
Nancy and David Raby on the loss of Nancy's brother, Dave Harvey.



100 Men Scugog

A big thank you to the 100 Men Scugog for their generous donation to Bereaved Families of Ontario – Durham Region.

Chris Garvey represented us at their meeting with his heartfelt speech about our organization and his son Blake.

100 Men Scugog donated \$4700 to B.F.O. – Durham Region.

Thank you to 100 Men Scugog and Chris Garvey.



DONATIONS IN LOVING MEMORY OF

DAVID STACEY

From Tristan Redner

MARY BELL

From Bonnie Lane

HELGA SEIFFERT

From Cathy & Fritz Weiner

SPECIAL RECOGNITION DONATIONS

100 Men Scugog

VIRTUAL EVENTS CALENDAR CONTINUED

JULY 2020

CANADA DAY Wednesday 1st — **Office Closed**

Reconnect Virtual Drop-In Monday 6th, 1-3 p.m.

Virtual Drop-In Monday 6th, 7-9 p.m.

Infant Loss Virtual Drop-In Tuesday 7th, 8 p.m.

Virtual Drop-In Wednesday 8th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 8th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 13th, 1-3 p.m.

Virtual Drop-In Monday 13th, 7-9 p.m.

Sibling Loss Virtual Drop-In Tuesday, 14th—7-9 p.m.

Virtual Drop-In Wednesday 15th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 15th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 20th, 1-3 p.m.

Virtual Drop-In Monday 20th, 7-9 p.m.

Virtual Drop-In Wednesday 22nd, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 22nd, 7-9 p.m.

Reconnect Virtual Drop-In Monday 27th, 1-3 p.m.

Virtual Drop-In Monday 27th, 7-9 p.m.

Virtual Drop-In Wednesday 29th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 29th, 7-9 p.m.

AUGUST 2020

CIVIC HOLIDAY Monday 3rd—**Office closed**

Infant Loss Virtual Drop-In Tuesday 4th, 8 p.m.

Virtual Drop-In Wednesday 5th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 5th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 10th, 1-3 p.m.

Virtual Drop-In Monday 10th, 7-9 p.m.

Sibling Loss Virtual Drop-In Tuesday, 11th, 7-9 p.m.

Virtual Drop-In Wednesday 12th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 12th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 17th, 1-3 p.m.

Virtual Drop-In Monday 17th, 7-9 p.m.

Virtual Drop-In Wednesday 19th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 19th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 24th, 1-3 p.m.

Virtual Drop-In Monday 24th, 7-9 p.m.

Virtual Drop-In Wednesday 26th, 1-3 p.m.

Reconnect Virtual Drop-In Wednesday 26th, 7-9 p.m.

Reconnect Virtual Drop-In Monday 31st, 1-3 p.m.

Virtual Drop-In Monday 31st, 7-9 p.m.

Bereaved Families of Ontario – Durham Region Children's Program

Bereaved Families of Ontario – Durham Region held another successful Children's Group this past January. This support group was split into two small groups for ages 6-8 and 9-12. We found it better to split siblings up so they could each be open about their feelings. This program runs a minimum of 6 weeks and a maximum of 8 weeks. It all depends on the children and their progress throughout the group. Whilst the children were in their groups, their parents were in another room with a facilitator so they were aware of what the children were discussing, and they got to bond and share their feelings and concerns with each other. Having the parents stay is very important.

The children were all very nervous to start, but after the first 2 weeks they became very comfortable with each other and were able to share their feelings, and just knowing they weren't alone with what they are going through.

We already have children on the waiting list for September (or when the COVID 19 restrictions are lifted). If you would like to register your child please call the BFO-D office at 905-579-4293.

Thank you to Kelly Fitzpatrick and Rocco Granato for donating the funds as well as organizing the program for us to be able to continue offering this program to our community.

Thank you as well to the facilitators who helped out with this group, Kelly Fitzpatrick, Kirsty Sinclair, Tanya Fowler MacLeod, and Vanessa Longhurst. Thank you also to Lexi Fife who was again available as our teen volunteer who connected very well with the children in this group. Irene Fife also helps out with this program as well.

How to set up for a Free ZOOM Meeting

ZOOM is VERY easy to use

For our BFO meetings, there will be a link provided that you just click and voila you are there. Make sure you have your audio on (so everyone can hear you), you do NOT have to connect a video if you don't want to be seen – but let's face it... we want to see and hear each other during this stressful time.

Create your FREE account: <https://zoom.us/freesignup/>

Do you need an account to use Zoom?

A Zoom account is not required if you are strictly joining Zoom Meetings as a participant. If someone invites you to their meeting, you can join as a participant without creating an account. However, if the host has restricted joining meetings using [authentication profiles](#), then the participant will need a Zoom account to access the meeting

A Zoom account is only required if you need to create your own meetings and send invitations to participants. Having a Zoom account allows you to create your own [Instant Meetings or Schedule Meetings](#). An account also allows you to access your personal settings, where you can [update your profile](#) or [upgrade your plan](#) at any time.

How do I signup for Zoom?

You can sign up for a free Zoom account at zoom.us/signup.

How much does Zoom cost?

A basic Zoom license is **free**. [Learn more about available Zoom plans and pricing.](#)

Joining a Meeting

How do I join a Zoom meeting?

You can join a meeting by clicking the [meeting link](#) or going to join.zoom.us and entering in the meeting ID. [Learn more about joining a meeting.](#)

How do I join computer/device audio?

On most devices, you can join computer/device audio by clicking Join Audio, Join with Computer Audio, or Audio to access the audio settings. [Learn more about connecting your audio.](#)

Can I Use Bluetooth Headset?

Yes, as long as the Bluetooth device is compatible with the computer or mobile device that you are using.

Do I have to have a webcam to join on Zoom?

While you are not required to have a webcam to join a Zoom Meeting or Webinar, you will not be able to transmit video of yourself. You will continue to be able to listen and speak during the meeting, share your screen, and view the webcam video of other participants.

Calling All Knitters!!



Once the quarantine is over!!

Knitting group for beginners at BFO with Laraine

Will resume Tuesdays from 1-3p.m.

Bring your own supplies

(Please contact the office for more info)

Ride To Remember Brent Foster Memorial Ride 2020 - Save The Date July 28, 2020



July 30th 2019, was marked with a challenge that **Ride To Remember** had never experienced. Rain, rain, go away. Guess you could say that we had been blessed all those years. But our dedicated riders, coordinators, made it work. With the start of the engines the sky cleared and our riders headed out. A tranquil ride to Fenelon Falls and around the scenic Kawartha's arriving back at Fox Bridge, Uxbridge. Riders were met by an array of fabulous orange balloons, family, friends, sponsors and the sound of Matt Gunn in the background.

****OUR BIGGEST NEWS THIS YEAR - THE LOWE'S CANADA HEROES CAMPAIGN FOR SEPTEMBER 2019**

- *Every Lowe's, RONA, and Reno-Depot corporate store in the country will raise funds to support a local cause of their choosing.*
- **Through the Heroes campaign, we are thrilled to support organizations that make a real difference in the communities where we operate.**
- **Through Ride To Remember, RONA Uxbridge supports Bereaved Families of Ontario Durham Region**

A big thank you to Rona Uxbridge for selecting Bereaved Families of Ontario – Durham Region as their charity of choice last September! The **Ride To Remember** organizers were instrumental in Rona's selection of charity. Through the generous donations from the Rona Uxbridge staff, the Uxbridge community, Contractors and Rona Canada Rona raised \$7937.00. Thank you to all those wonderful employees at Rona Uxbridge for this huge donation. This year Ride To Remember was extremely pleased to have raised **\$14,720!!** This brings the **Ride to Remember** total donation for 2019 to \$22,657!! Grand total to date from **Ride To Remember** is \$127,657.00

POST Removal of Quarantine Regulations Calendar of Events May – September 2020

MAY 2020

Infant Loss Drop-In

Monday 4th, 7-9 p.m.

Afternoon Drop-In

Monday 11th, 1-3 p.m.

Sibling Loss Drop-In: Tuesday, 12th—7-9 p.m.

Evening Drop-In

Wednesday 13th, 7-9 p.m.

Victoria Day - Monday 18th **Office Closed**

Reconnect Drop-In: Monday 25th, 7-9 p.m.

Evening Drop-In

Thursday 28th, 7-9 p.m.

JUNE 2020

Infant Loss Drop-In

Monday 1st, 7-9 p.m.

Sibling Loss Drop-In: Tuesday, 9th—7-9 p.m.

Lauren Wright Memorial Co-Ed Slow Pitch Tournament
Sunday 14th

Evening Drop-In

Wednesday 10th, 7-9 p.m.

Afternoon Drop-In

Monday 15th, 1-3 p.m.

Fathers' Drop-In Thursday 18th, 7-9 p.m.

Evening Drop-In

Thursday 25th, 7-9 p.m.

Reconnect Drop-In: Monday 29th—7-9 p.m.

Sibling Loss Drop-In

Tuesday, 30th—7-9 p.m.

JULY 2020

CANADA DAY Wednesday 1st — **Office Closed**

Infant Loss Drop-In

Monday 6th, 7-9 p.m.

Evening Drop-In

Wednesday 8th, 7-9 p.m.

Sibling Loss Drop-In: Tuesday, 14th—7-9 p.m.

Afternoon Drop-In

Monday 20th, 1-3 p.m.

Evening Drop-In

Thursday 23rd, 7-9 p.m.

Reconnect Drop-In: Monday 27th 7-9 P.M.

RIDE TO REMEMBER - UXBRIDGE Tuesday 28th

AUGUST 2020

CIVIC HOLIDAY August 3rd—**Office closed**

Infant Loss Drop-In

Monday 10th, 7-9 p.m.

Sibling Loss Drop-In: Tuesday, 11th—7-9 p.m.

Evening Drop-In

Wednesday 12th—7-9 p.m.

Afternoon Drop-In

Monday 17th, 1-3 p.m.

Evening Drop-In

Wednesday 20th—7-9 p.m.

Reconnect Drop-In: Monday 31st—7-9 p.m.

SEPTEMBER 2020

LABOUR DAY September 7th—**Office closed**

Sibling Loss Drop-In: Tuesday, 8th—7-9 p.m.

Evening Drop-In

Wednesday 9th, 7-9 p.m.

Infant Loss Drop-In

Monday 14th, 7-9 p.m.

Afternoon Drop-In

Monday 21st, 1-3 p.m.

Evening Drop-In

Thursday 24th, 7-9 p.m.

A Rose Given to Her - Gala Saturday 26th

Reconnect Drop-In: Monday 28th, 7-9 p.m.

Adult (18+) Sibling Loss

Hello Everyone,

I wanted to take the time to introduce myself to you all and reach out to all other siblings who may be looking for support and guidance. I facilitate the adult sibling loss (18+) drop-ins.

Throughout my grief journey, the biggest issue I noticed was to try and find a connection and network with other surviving siblings who would know exactly how I felt after losing my youngest sister. I didn't like the feeling of being alone and not having someone I could reach out to and talk about different topics of grief with a sibling loss. When I first found BFO, there was a drop-in group for sibling loss, however, it would be a few months apart, but to me, it didn't matter because it still gave me a chance to hopefully meet others and be able to chat for that 2-hours, about anything that was bothering me at the time. Topics such as; birthdays, anniversaries, my story, my relationship with other family members, where I saw my future going, etc. These were the reasons why I knew when I felt ready, I wanted to give back to BFO and support other adult siblings and become a facilitator to provide my experience in grief and what strategies and tactics I've used to overcome difficulties.

During this quarantine time, there is going to be a virtual zoom drop-in style meeting. After the quarantine, there will now be a regular monthly basis drop-in style meeting as well. As a facilitator, I am always available to do one-on-one sessions as well for those who may want to start with something more intimate. I hope that during these times, you stay healthy and safe and know that here at BFO, we are a family, and you are not alone.

Kindest Regards
Elizabeth Davidson

Yes, there is life after the loss of a child but its a different life. So when you see a grieving mother and shes no longer the same, don't try to change her back into who she use to be because as much as she would like to be her old self, that person no longer exist.

THE LOSS OF A CHILD CHANGES EVERYTHING!

It's ok to not be ok.
Some days are just
harder than others.



A Rose Given To Her Gala in Memory of Racquel Granato



"A Rose Given to Her" is about honouring, remembering and celebrating our beautiful Racquel..." In the Spirit of Remembrance, we hold and cherish you within; In the Spirit of Faith, we will see you once again."

On Saturday, September 26th, please join us for a night where we honour Racquel while raising funds for a kid's grief program at Bereaved Families in Oshawa for kids dealing with traumatic loss.

Tickets are \$40.00/pp and includes dinner, a performance by The Dance Experience, a chance at numerous door prizes, a chance at our grand prize draw (minimum \$500.00 value) and something new this year.....the enjoyment of listening and dancing to special live musical guest, The Bomb.

There will be raffle baskets - all valued at \$100-\$150 each - booze baskets, silent auction items, fully stocked beer fridge raffle and various other opportunities to help us raise funds for kids dealing with grief.

Please e-transfer to rockkel@hotmail.com to purchase your tickets or message me (Kelly Fitzpatrick or Rocco Granato) to make your reservations.

Tables are being reserved again this year, so please feel free to invite your family members and friends and reserve your table as soon as possible. [#loveyoualwayracquel](https://www.facebook.com/loveyoualwayracquel) - Forever in our hearts –

When: Saturday September 26th 2020

Time: 6pm till midnight – meal served @ 7.30pm

Where: Jubilee Pavillion, 55 Lakeview Park Ave, Oshawa





Bereaved Families of Ontario – Durham Region

Save the “New” Date!

Bereaved Families of Ontario, Durham Region invites you to our....



Re-Scheduled Dance

Saturday, **Oct 3rd**, 2020 7:30 PM – 1:00 AM

Harmony Creek Community Centre, 15 Harmony Rd N, Oshawa, ON L1G 6K8

Tickets are \$25

DJ · Door Prizes · Games · Buffet · Silent Auction

All proceeds will go towards Bereaved Families of Ontario, Durham Region.

We hope to see you there!

Mother's Retreat 2020

With our world and ways of interacting suddenly changed by COVID-19 and the shuttering of Villa St. Joseph until at least September, the 2020 Retreat for Bereaved Mothers seems far away. Yet this 21st weekend gathering *did* occur and was enlivened by the energy of new to the retreat bereaved mothers meeting each other for the first time. The smaller group of 10 participants made for deep sharing and an adapted, free-flowing schedule allowed the conversation to follow according to group need. There was no organized entertainment on the Saturday evening, thus allowing mothers to simply 'be' with each other and chat as they wished. Moms shared videos and pictures of their children, laughed and cried together while enjoying the overabundance of snacks that always appear on the Saturday evening. *Lori Whitney* entertained with her guitar and beautiful voice and also gifted each mother with a special coffee mug.

Our Saturday morning ritual included a body-mind ritual led by *Penny-Claire Tilley* that focused us inward using guided movement. This added a new dimension to the weekend and was very much appreciated by all. The day's sessions involved sharing our 'Secret Lives' as bereaved mothers, giving an opportunity to voice the many unsaid and often negative feelings we do not dare express. The STUGS (Sudden Temporary Upsurges of Grief) session put our resurgences of grief into an easily understood framework and normalized them. In the third session, we discussed ways in which we maintain connection with our child, but more importantly, how they may actually communicate with us through signs, symbols, animals and dreams.

This retreat was the 15th co-designed and led by Joyce MacIntyre. Joyce's prayer contributions stem from her Indigenous heritage and her culture has added a rich and alternative perspective to the work we accomplish at the retreat. BFO – Durham recognized Joyce by presenting her with a mother and son figurine. Susan acknowledged Joyce's wisdom and contributions in a 'blanket ceremony' to honour Joyce's 'Grandmother' – wise one – status in our organization.

Thank you, Joyce, Lori and Penny-Claire! Thank you, too, to the courageous mothers who came and opened their hearts to growth in love of their children.

Susan Hendricks



CO-OP DURHAM COLLEGE STUDENT

Hi everyone!

As some of you know, I'm a second-year public relations student at Durham College. At the beginning of the semester last year, we were told we needed to get a placement at a non-profit organization. I was given a list of the names of all these places and their contact info. To be honest, I looked at BFO-Durham and I had no idea what it was. Needless to say, I started searching and doing my research online and the first thing that came into my mind was my mom. For the ones who are not familiar, my parents had to go through the loss of a child. It changed them forever and the worst part is that they never got the help they needed.

I had the best experience working at BFO-Durham for 14 weeks. I was able to learn so much about the organization and I had really meaningful talks with some of the members. It was also a pleasure to be part of the Walk to Remember. It was truly inspirational to see every family walking to honour the memory of their children. Thank you so much for having me!

I believe the Durham community is very fortunate to have a safe environment where parents can share their experiences and be supported. My only hope for the future is that BFO- Durham keeps reaching their goals as well as raising awareness, that way more grieving parents can find their safe place.

Thank you, BFO-Durham, for being so welcoming since day one. Thank you for the ones who shared their story with me. I also wanted to take this opportunity to thank Jane Carter for being so supportive, welcoming and for giving me an opportunity to be part of BFO.

I will cherish forever all the moments and all the experience I gained.

Thank you!!

Catalina Salas

Butterfly Memorial

Every butterfly is individually handcrafted by local artist Yvan Leclerc

Your Butterfly can be purchased for

\$100

Includes an engraved plaque with the first and last name and years

For every butterfly purchased \$60 will go to Bereaved Families of Ontario (Durham Region)

A charitable donation receipt will be provided.



In loving memory of their daughter Violet (Babe) Davidson, the Davidson family are pleased to announce that the Fundraising Bracelets for BFO Durham Region are available at the office. There are 4 colours to choose from at a price of just \$3 each.



Project 51



BFO-Durham in conjunction with WoWiCa (Adele and Eric Davidson) have released a game for apple and android phones that combine an opportunity to donate to BFO-D while receiving a fun match three game for your apple/android phone or iPad/ tablet.

BFO-D will receive a guaranteed minimum of 51% from each and every download (also including, if you decide to do them - in-app purchases - i.e. buy extra diamonds).

Family and friends can all share in the fun of playing a game, while helping BFO-D to continue their work in the community. As the game is available across the globe, relatives and friends abroad can also download the game and support BFO-D.

For iPhone/iPad the game can be downloaded from the apple store by searching for bfo durham.

For android phones/tablets the game can be downloaded from Google play by searching for bfo durham.

EUCHRE TOURNAMENT: DATE TO BE DETERMINED

On March 21, 2020 BFO-Durham was hosting their second euchre tournament. Forty-two players were registered but due to COVID 19 restrictions this event was postponed. The first euchre tournament was lots of fun and we will certainly let you all know when we are able to arrange another date once the restrictions of COVID 19 are lifted by the government.

YOUR FEED-BACK IS VERY IMPORTANT!!

PLEASE CONSIDER CONTRIBUTING TO THIS NEWSLETTER, WHICH IS A VOICE FOR THE BEREAVED. WE ENDEAVOUR TO KEEP YOU AS UP TO DATE AS POSSIBLE WITH ALL ON-GOING INFORMATION AND WOULD LIKE YOUR HELP; SHARE YOUR THOUGHTS, IDEAS OR REQUESTS THROUGH THIS VENUE. RECOMMEND A BOOK AND WRITE WHAT YOU LIKE ABOUT IT. SHARE YOUR STORY, SUBMIT A POEM, OR TELL OF THINGS THAT HAVE HELPED YOU ALONG YOUR GRIEF JOURNEY.

WE THANK YOU IN ADVANCE FOR GETTING INVOLVED!

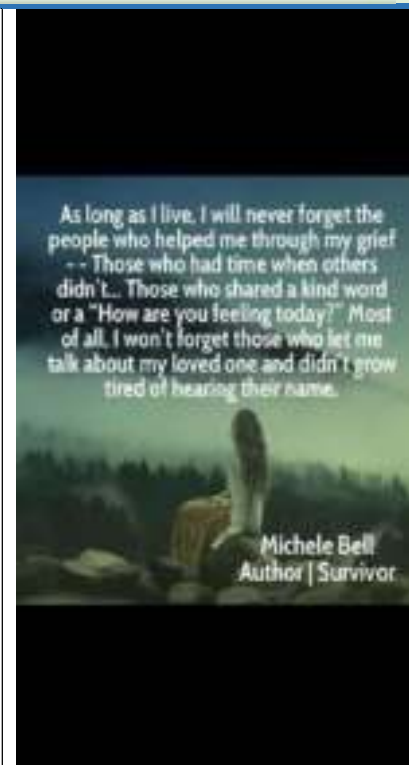
IMPORTANT NOTE TO ALL MEMBERS

During these uncertain times of the Covid-19 quarantine, please take a moment to **regularly check our Website and Facebook page for updates and schedules.**

Whilst we are offering the virtual drop-ins, and yes, you are welcome to come and go as you need, PLEASE try to arrive (log-in) to the meeting at the scheduled starting time. This is especially important for the regular virtual drop-ins as, after maybe a 5 minute wait, those present in the meeting will be starting their stories and getting into the flow of the meeting.

One of the hardest things to deal with during the quarantine, is the lack of someone to talk to, especially if we're wanting to talk about our child or our feelings. Whilst the Zoom virtual meetings don't allow us to hug each other, it is the best option for knowing there will be empathetic ears to listen to you. You can even attend the virtual meetings just to listen to others - active participation is not needed. It has been suggested that you might want to have a stuffed toy with you – that way, when you want to hug to be hugged, you can hug your stuffy ☺

Jane is collating a list of emails to send out the Zoom meeting invites. If you would like to be included on this list, please email the office or message Jane/the office on Facebook. By creating this separate list it saves unnecessary bulk emails being sent out.



FUTURE FUNDRAISERS -SAVE THESE DATES!

RIDE TO REMEMBER—JULY 28 2020

A ROSE GIVEN TO HER - Gala—SEPTEMBER 26, 2020

BFO Fundraising Dance—OCT 3, 2020

POKER Fundraiser – OCTOBER 17, 2020

ANGELS TREE OF LIGHT CEREMONY—NOVEMBER 26, 2020



BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

948 Simcoe Street North, Oshawa L1G 4W2
Tel: 905-579-4293 / Fax: 905-579-7403 / Toll Free: 800-387-4870
E-mail: bfodurham@bellnet.ca / Web Site: www.bfodurham.net
Charitable Registration #861619880RR0001

OFFICE HOURS

MONDAY TO THURSDAY — 10 A.M. TO 4 P.M. , CLOSED FRIDAY

MAY

Crawford Wheller May 1, 2002
 Victoria Chenier May 1, 2018
 Lisa Ford May 2, 2002
 Joshua Liscio May 2, 2008
 Stephen Cochrane May 3, 2003
 Jeffrey Jones May 3, 2016
 Julie Helen Pasko May 6, 1995
 Brittany Miller May 6, 2005
 Nicholas Mitchell Williams May 6, 2011
 Ewelina Sobala-Kouri May 7, 2017
 Benjamin Tucker DeBaie May 8, 2001
 Jasmine Stephan-Martin May 8, 2011
 Taylor Andrews May 8, 2012
 David Rines May 9, 2010
 Brianne Wraight May 9, 2010
 Patrick Bujold May 9, 2012
 Michael Thomas Lynch May 10, 2002
 Curtis Wahl May 10, 2005
 Lukas James Anderson May 10, 2007
 Austin Poulakis May 10, 2019
 Michelle Richard May 11, 2000
 Ian Thomas Deatcher May 11, 2002
 Robin John Williams May 12, 1992
 T.J. Stutt May 12, 2004
 Landon Murchison May 12, 2006
 Karsten Bibb May 12, 2011
 Gregory Edward Timmins May 14, 1996
 Robert Muir May 14, 2014
 Finnigan McCarron May 15, 2015
 Jade Roworth May 15, 2016
 Bradley Wiseman May 15, 2014

Paul A.J. Gordon May 16, 1990
 Erin Reed May 16, 2008
 Jeffery Paul Baran-Lalonde May 16, 2011
 Wyatt Celsie-Swanton May 16, 2009
 Leia Mary-Rose Wilde May 16, 2017
 Rayna Simms May 17, 2005
 Jonathon Campbell May 17, 2011
 Daniel Haze May 18, 2016
 Baby Girl Papadopoulos May 18, 2014
 Maria Laura Pistritto May 18, 2017
 Lynne-Marie Gordon May 19, 1991
 Dylan Matchett May 19, 2017
 Kevin James Charewicz May 20, 1998
 Kevin Gregory O'Donnell May 20, 1999
 Hope & Desire Cockburn May 20, 2005
 Owen Walter Stinson-Collins May 20, 2010
 Elizabeth MacGregor May 20, 2012
 Michael Scott May 20, 2015
 Karen Cobham May 20, 2014
 Johnny Lucchetta May 21, 2006
 Cody DeNoble May 21, 2010
 Mary Ann Daniels May 21, 2014
 Gregory Brian Judzentis May 22, 1985
 Shawna Spindler May 22, 1997
 Damon Fewer May 22, 2007
 Kaleb Hunt May 22, 2011
 Dana Watson May 22, 2013
 Remianne Wabie Evans May 24, 1994
 Blake Gill May 24, 2003
 William Taggart May 25, 2005
 Taylor Venters May 25, 2010
 Amber Finn May 26, 2002
 Teegan Herold May 26, 2013
 Lauren Wright May 28, 2014
 Merrick Chue May 28, 2016
 Dylan Guiotto May 28, 2017
 Andrea Sullivan- Martin May 29, 1994
 Colin McMillan Wilson May 29, 2002
 Steven Devecseri May 29, 2006
 Tyler Davis May 29, 2011
 Crystal Dunstall May 29, 2018
 Alison Millar May 30, 2005
 Ryan New May 30, 2015
 Ken Ford May 31, 2011
 Austin Taylor May 31, 2019



JUNE

Christopher Logan Woods June 1, 2005
 Taelyn Marie Peckford June 2, 2010
 Susan Deborah Murray Ferguson June 2, 2010
 Avery Skarlatakis June 2, 2014
 Laura Irene Macdonell June 4, 1994
 Timothy Shane McDonald June 4, 2006
 Alyssa Massie June 5, 2010
 Tessa Agelopoulos June 6, 2007
 Christina de Vries-Roach June 6, 2004
 Nicholas David William Hutchison June 6, 1999
 Chloe Mounsey June 6, 2007
 Daniel Melanson June 7, 2009
 Angelo Mazzotta June 8, 2010
 Kathy Phelan June 8, 1985
 Arpik Patel June 8, 2012
 Matthew Snell June 8, 2018
 Steven Dafoe June 9, 2004
 Glen Michael Bruce Monro June 9, 2002
 Maureen Wright June 9, 2002
 Todd McCann June 9, 2013
 Paul O'Brien June 9, 2017
 Margaret Nemeth June 10, 2003
 Kimberly Ann Whitsitt June 10, 1994
 Kelly Eileen Goswell June 11, 1992
 Brooklyn Ilean Fogg-Conlin June 12, 2009
 Ronald McGivney June 12, 2015
 Gunner Aaron Terry Mayhew June 13, 2004
 Aubree Glode June 13, 2014
 Christopher Dennis Penny June 14, 1995
 Corey Grentz June 14, 2010
 Anthony Medeiros June 14, 2015
 Tyler Massey June 14, 2015
 Michelle Marie Meagher June 15, 2009
 Anthony Quattrocchi June 15, 2018

Jennifer Sinnott June 17, 2017
 Melissa Jean Wilson June 18, 1990
 Amanda Bickle June 19, 2018
 David Gregory Schneider June 20, 1998
 Kohwyn Babcock June 20, 2010
 Edward Erwin June 21, 2003
 Lorna Ellen Buzzell June 22, 1998
 Paul David Carter June 22, 1985
 Ian Booth June 23, 2007
 Gillian Berthelot June 23, 2010
 Shane Rawlins Mahabir June 24, 2011
 Derrick Brooks June 25, 2010
 Melissa Logeman June 25, 2012
 Connor Battah June 26, 2008
 Dustin Longhurst June 26, 2017
 Christina Grace Glover June 27, 1999
 Heather Goverde June 27, 2004
 Olivia Kowalchuk June 27, 1993
 Michael Thomas Turner June 27, 2014
 Bob Robbins June 28, 2014
 Tyler Lisinski June 28, 2015
 Westley Pflug June 28, 2015
 Frank Benczenleitner June 30, 1989
 Tanya Veinot June 30, 2006
 Matt Stairs June 30, 2018

Missing you every moment of every day

JULY

Brian Haring July 1, 1994
 Leith Hawker July 1, 1998
 Johanna Mary Faith Nesbitt July 1, 1993
 Ryan Munshaw July 1, 2013
 Christopher Richard July 1, 2015
 Shon Hart July 2, 2006
 Kathleen Wels July 2, 1979
 Michael Campbell July 3, 2009
 Laurie (Foreman) Wilkinson July 4, 1998
 Paisley Eva Cane July 5, 2012
 Roberto Small July 5, 2017
 Melissa Coady July 6, 2013
 Juliette Francis July 7, 2010
 Jaedin Davis July 8, 2003
 Nicole Mummery July 8, 2008
 Joshua Rideout July 8, 2017
 Sebastian Seidel Forsyth July 9, 2015
 Edwin Zwaigenbaum July 11, 1963
 Jesse Comeau July 11, 2009
 Emily Lavina Wilkes July 11, 2016
 Joey Ihasz July 11, 2017
 Jonah McIntosh July 11, 2017
 Joey Alton July 12, 2008
 Michael Potter July 12, 2010
 Craig Beers July 13, 2003
 Christopher Swindell July 13, 2000
 Danny Tkalec July 13, 2000
 Lauren Nolan July 14, 2009
 Amanda Richardson July 14, 2007
 Austin Beninato July 14, 2017
 Mattieu Moriarity July 15, 2003

Brandon Niblett July 16, 2002
 Derek Garner July 15, 2007
 David Clarke July 15, 2016
 Sarah Davidson July 17, 2014
 Lesley Blackmore July 18, 2009
 Carter James Duncan July 18, 2004
 Peter Hansen July 18, 2001
 Keena John Dobbie July 18, 2011
 Alyssa Dryden July 18, 2011
 Kayne Ritchie July 18, 2016
 Blake Forrest July 18, 2018
 Michael Watson July 19, 2008
 Tammy Dimech July 19, 2014
 Christopher Hill July 20, 2016
 Patrick McKay July 20, 2016
 Jennifer Asselin July 20, 2017
 Samantha Shirley Baird July 21, 1999
 Trevaughn Miller July 21, 2012
 Michael Fellows July 21, 2013
 Isabella Sabiston July 21, 2016
 Matthew Westcott July 21, 2015
 Richard DeSousa July 21, 2016
 Sarah Burnham July 22, 2003
 Samantha Brittney Babcock July 23, 1993
 Bryan Matthew Gainer July 23, 2000
 James Johnson July 24, 2001
 Ashleigh Mariani July 24, 2013
 Daryl Davison July 24, 2016
 Timothy Lockard July 25, 2014
 Shelby Thomas July 25, 2015
 Mark Van Den Oetelaar July 27, 1963
 Beverly Warner July 27, 2002
 Peter Ide July 27, 2013
 Andrew Mason July 28, 2002
 Andrew Gary McSweeney July 28, 1994
 Sara Young July 28, 1994
 Derek Fish July 28, 2017
 Tamica Henderson July 29, 2012
 Ryan Addison July 30, 2005
 Shannon York July 30, 2004
 Surinder Mehar July 31, 1999
 Patricia (Trish) Peter July 31, 2004
 Curtis Courneyea July 31, 2013



AUGUST

Rick Swale August 1, 2000
 Karyn Chase August 2, 2010
 Dallas Raé Fountain August 3, 2010
 Todd Gardiner August 3, 2017
 Willard Amurao August 4, 2014
 Jennifer Copithorn August 4, 1998
 Eric Couturier August 4, 2002
 Brent Foster August 4, 2007
 Katrina Stanojevich August 4, 2016
 Sydney Young August 5, 2003
 Robert Blain August 6, 2008
 Daniel Caldwell August 8, 2010
 Matthew Mitchell August 8, 2014
 Kyle Blake August 8, 2018
 Gary Smith August 9, 2002
 Jessica Dale Whitney August 9, 1998
 Mary Moshis August 9, 2013
 Simon Minc August 9, 2015
 Jeffery Shoemith August 9, 2018
 Lily Maria Kathleen Payne August 10, 2007
 Katrina Stanojevich August 10, 2016
 Cassandra Turner August 10, 2016
 Dennis John Zoelman August 11, 1993
 Kevin Klis August 11, 2011
 Justin Parker August 11, 2017
 Michael Lowens-Varey August 11, 2017
 Lia Barakett August 11, 2018
 Jason Anderson August 12, 2017
 Shayaan Aziz August 13, 2010
 Gregg Hayden August 13, 2005
 Frank Aubrey Lessard August 14, 1997
 Christine Crossman August 14, 2004
 Ashton Payetta August 14, 2010
 Jonathan Stewart August 14, 2004
 Jason Kaaz August 14, 2010
 Travis Pepper August 15, 2015
 Tiah Ephraim August 16, 2008
 Kale Garry Nichols August 16, 2001
 Dalton Hebert August 16, 2018
 Trisha Banton August 19, 2009
 O Bray Dixon August 19, 2016
 Mark Vandermeer August 19, 2008
 Matthew Craigen August 19, 2018
 Trevor Stephenson August 20, 2000
 Annette E. Stewart August 20, 1989
 Cortney-Lynne Twiddy August 20, 1994

Tracy Scott August 20, 2010
 Chris Karam August 20, 2011
 Xavier Edward Barkley-MacMullen August 20, 2013
 Ryan J. Haber August 21, 1999
 Colin Humphrey August 21, 2000
 Shawn Presley August 21, 2000
 Murray Schoenau August 21, 1990
 Greg Miles August 22, 2008
 Jamil Mohamed August 22, 2009
 Shawn Paul David Spooner August 22, 2016
 Kim Benoit August 22, 2017
 Tucker Taylor August 22, 2008
 Andrew Chaplin August 23, 2008
 Emily Stow August 23, 1999
 Derek Van Pelt August 23, 2012
 Colton Tunney-Phillips August 23, 2013
 Kira Locke August 23, 2015
 Andrew Harrison August 23, 2018
 Lydia Grace Conte August 23, 2019
 Geoffrey Dykstra August 24, 2008
 Jeremy Finn August 24, 2002
 Frank Aubrey Lessard August 24, 1997
 Liberty Davenport August 24, 2008
 Danielle Thompson August 24, 2014
 Michael "Shane" Girard August 25, 1993
 Paul Strasbourg August 25, 2009
 Leah Adelina Paiva August 26, 2012
 Milo Palmer August 27, 2016
 Jackie Woolridge August 27, 1999
 Reid James Tanner August 27, 2010
 Kevin Duhaney August 27, 2012
 Sean Robert Aylward August 28, 2002
 Luke Christopher Bachman August 28, 1998
 Craig W.D. Green August 28, 1995
 Allesio Caccavella August 28, 2011
 Mathew Fife August 28, 2017
 Kyle Jackson August 28, 2018
 Steven Mayhew August 29, 2000
 Alan Brown August 29, 2012
 Constant Germano August 30, 1993
 Cory Fleetwood August 30, 2012
 Paul Anthony Jones August 31, 1995
 Alex Novia August 31, 2008
 Adin Gould August 31, 2012
 Taylor Kuipers August 31, 2018

The hardest part of losing a child is living every day afterwards

SEPTEMBER

Kelli Mitchell September 1, 1996
 Jesse Lennox September 1, 2014
 Adrienne Ferguson-Keller September 2, 1992
 Amanda Ruby Mayock September 2, 2005
 Jamie Lee Wiznuk September 2, 2009
 Ronald Pogue September 2, 2012
 Randi Walker September 2, 2018
 Jayla DeSouza September 3, 2009
 Alliyah Beckles September 3, 2010
 Michael Christopher Noseworthy September 4, 2003
 Cooper Martyn Streeter September 4, 2019
 Steven Cuddy September 5, 2016
 Mark Forgette September 5, 2006
 Charlotte Mazzotta September 6, 2012
 Omar Ryan Sadler September 7, 1996
 David Logan September 7, 2010
 Kyleigh Noland September 8, 2012
 Sarah Onley September 8, 2015
 Ashley DeJong September 9, 2002
 Natasha Foote September 9, 2008
 Hope Skarlatakis September 9, 2010
 Leo Atkinson September 10, 2003
 Todd Skinner September 10, 2013
 Kyle Daniels September 10, 2015
 Darrion Moffatt September 10, 2018
 Cody James September 10, 2018
 Brody James Prebble-Cooper September 11, 2006
 Laura Catherine Pellegrino September 13, 1990
 Karen Lato September 13, 1992
 Sabina Silininkas-Rowell September 13, 2017
 Bryan Douglas Gordon September 14, 2007
 Sara Snow September 15, 2014
 Timothy Lee September 15, 2018

Sean McAvoy September 16, 2005
 James Jackson September 16, 2016
 Kelly G. Lomax September 17, 1992
 Jake Vanzeyl September 18, 1998
 Ryan William Sutherland September 18, 2009
 Michael Crover September 19, 1998
 Kelly Darby September 19, 1999
 Terah Elaine Dawkins September 19, 2010
 David James Muir September 19, 2015
 Paul Turansky September 19, 2005
 Andreas Bollmann September 19, 2011
 Alicia Mariah Kaas September 19, 2019
 Jake Gericke September 20, 2011
 Darren O'Neil September 20, 2011
 Curtis Bjerring September 21, 2013
 Tyler Hanson September 21, 2015
 Julie Carter September 22, 2000
 Brian English September 22, 2002
 Jacquelyn Mason September 23, 2011
 Kerri-Lyn Adams September 24, 2011
 Chris Taylor September 24, 2018
 Cynthia Vincent September 24, 2018
 David Wanamaker September 25, 2012
 Mike Maher September 26, 2009
 Rylee David O'Brien September 27, 2011
 Levi Allen September 28, 2009
 Lauren Allen September 28, 2009
 Ashley Hamilton September 28, 2012
 Cassandra Kumarsingh September 29, 2006
 Noah John Anderson September 29, 2008
 Andrea Nott September 30, 2002

