



Youth: Dealing with the death of someone special?

Bereaved Families - Ottawa (BFO) is offering a new Youth Grief Support Group

A peer-to-peer Youth Group to explore the difficult aspects of change after the death of someone special – aimed at high school aged youth.

New Youth Group will run concurrently with BFO's existing monthly evening of adult Bereavement Education and Support Groups: loss of a spouse, baby, child/adult child, parent/grandparent, sibling, friend, by suicide, and by MAiD.

Parents and their youth can now participate in their respective group.

Group facilitators are trained volunteers with a lived experience of significant loss.

Date: 1st Tuesday of each month (Mar 5, Apr 2, May 7, Jun 4,...).

Time: 7 to 9 pm. Doors open at 6:30 pm.

Where: St Timothy's Presbyterian Church, 2400 Alta Vista Drive (near Heron).

Cost: Suggested donation of \$10/person or \$20/family.
Everyone is welcome regardless of ability to donate.

Advance registration is preferred, but not mandatory: 613-567-4278,
office@bfo-ottawa.org or www.facebook.com/bfo.ottawa/

Free parking. OC Transpo Bus Stop in front of the church.

More info: www.bfo-ottawa.org or call 613-567-4278.

Heal.



Grow.



Together.

