

What We Do

We help you cope with your loss.

Each month we host two gatherings. You are invited to join our *Links Support Group*, an informal evening of sharing in a quiet, supportive setting. A grief facilitator is present to help everyone participate; some find it helpful just to listen.

You are invited to a more formal meeting at which a speaker, a professional in a related field, will give a presentation. This information helps members understand ways to cope with loss.

You are also invited to join us for social gatherings. You will know that everyone present understands and shares your challenges.

Each of us deals with loss in our own way; members are not obligated to attend nor participate. We're here to help, not pressure.

Join Us

A *Guest Speaker Meeting* is held on the second Tuesday of each month.

Our informal *Links Support Group* is held on the fourth Tuesday of each month.

*November and December
Links Support Groups
are postponed.
Join us for the next meeting
January 23, 2018 at 7:00*

St. Albert Bereavement Fellowship Events

September 12 7:00 PM	Fraud and Scam Briefing <ul style="list-style-type: none">○ Knowledge is Power○ What we need to know! Sherry Ullery RCMP Auxilliary Constable, St. Albert	Please note the change in time: all meetings are held on Tuesdays at <u>7:00</u>
September 26 7:00 PM	Links Support Group Facilitator: Carol Dickson, CGSC	
October 10 7:00 PM	What Do I Have to be Grateful For? <ul style="list-style-type: none">○ How to survive the Thanksgiving aftermath○ How to cope with loneliness (even while surrounded by family) Sarah Karesa, M. Ed., CCC Provisional Registered Psychologist Manager, Counselling Services at Pilgrims Hospice sarahk@pilgrimshospice.com (780) 413-9801 (ext. 109)	
October 24 7:00 PM	Links Support Group Facilitator: Carol Dickson, CGSC	
November 14 7:00 PM	Organized Grief <ul style="list-style-type: none">○ Acknowledging grieving, but planning a good Christmas○ We plan every year to be sad. Let's organize for energy and hope. Lisette McArthur, MSW Provisional Registered Psychologist Opening Doors Counselling, St. Albert www.openingdoorsalberta.com (780) 908-2424	
November 28 7:00 PM	Remembering Our Loved-Ones at Christmas Please bring a photo of your loved one and join our Candle Lighting Service with others who are also feeling the loneliness of the Christmas season	
December 12 6:30 PM	Christmas Dinner Social for Members Join us at the Red Willow Place (7 Tache Street) from 6:30 to 10:30 PM. Tickets must be purchased in advance at Links and Speaker meetings.	

Contact Information

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Website

www.stalbertbereavement.ca

Mission Statement

The St. Albert Bereavement Fellowship is a non-denominational, non-profit, volunteer society whose purpose is to provide support through compassion, understanding, education and friendship to those who have lost a loved-one through death.

Membership Benefits

- ✓ Attend Speaker Meetings
- ✓ Attend Links Group Support meetings
- ✓ Voting privileges at Annual General Meeting
- ✓ Access to our library
- ✓ Notification of Social Events
- ✓ Receive calendar updates by mail

Annual Fees are only \$20, due each January



"All the art of living lies in a fine mingling of letting go and holding on."
-- Havelock Ellis

"God gave us memory so that we might have roses in December."

-- J. M. Barrie

"I'll be seeing you in all the old familiar places / That this heart of mine embraces all day through."

-- Sammy Fain, "I'll Be Seeing You"

"Everyone must leave something behind when he dies," my grandfather said. "A child or a book or a painting or a house or a wall built or a pair of shoes made. Or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you're there."

-- Ray Bradbury, Fahrenheit 451

"You gave me a forever within the numbered days."

-- John Green, The Fault in Our Stars

<http://www.whatsyourgrief.com/64-quotes-about-grief/>

St. Albert Bereavement Fellowship

Providing support for those who have lost a loved one through death.



Information & Calendar

for September to December 2017

The Snowdrop is known as the 'flower of hope' and a sign of life's renewal after winter.