

What We Do

We are here to help you cope with your loss.

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

The second meeting each month features a guest speaker, a professional in a related field, who will give a presentation. This information helps us 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; you 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.

Volunteer for the Lifestyle Expo

Can you share a little time with us during the April 5th - 7th weekend? If you are interested learning more, look under 'Events' at www.stalbertchamber.com or call us at (780) 851-6562.

St. Albert Bereavement Fellowship Events

January 8
7:00 PM

Estate Planning: Leaving Solutions, Not Problems

- The importance of having a will
- What happens if I don't have a will?
- What is Enduring Power of Attorney
- What is a Personal Care Directive?

Stacy Maurier, Lawyer

Estate Connection Law Office

www.estateconnection.com (780) 458-8228 stacy@estateconnection.com

January 22
7:00 PM

Links Support Group
Facilitator: Carol Dickson, CGSC

February 12
7:00 PM

Humour as a Sign of Hope

- The healing power of laughter
- Stimulates organs such as heart, lungs and muscles
- Improves your mood, lessening depression and anxiety

Pastor Phil Gagnon

St. Albert Evangelical Lutheran Church

www.saelc.org (780) 458-6012 saelc@telusplanet.net

February 26
7:00 PM

Links Support Group
Facilitator: Carol Dickson, CGSC

March 12
7:00 PM

Grieving Mindfully

- What does grieving mindfully mean?
- How it can help you

Yvonne Racine

Certified Grief Recovery Specialist, Life Celebrant and Holistic Coach

www.yvonneracine.com (780) 913-6466

March 26
7:00 PM

Links Support Group
Facilitator: Carol Dickson, CGSC

All meetings are held at the
Red Willow, 7 Tache Street
St. Albert

Contact Information

Faye Tkachuk (780) 851-6562
Carol Dickson (780) 458-6528
Carolyn McRae (780) 459-3135
Ola McIntosh (780) 965-2950

P.O. Box 33 Stn. Main
St. Albert Alberta T8N 1N2

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 \$25, due each January



City of St. Albert Family & Community Support Services and St. Albert Outside Agency Operating Grant Program



"It takes strenght to make your way through grief, to grab hold of life and let it pull you forward."

-- Patti Davis

"Hope smiles from the treshold of the year to come, whispering 'it will be happier'"

-- Alfred Tennyson

"When our days become dreary with low-hovering clouds of despair, and when our nights become darker than a thousand midnights, let us remember that there is a creative force in this universe, working to pull down the gigantic mountains of evil, a power that is able to make a way out of no way and transform dark yesterdays into bright tomorrows."

-- Martin Luther King Jr.

"The deeper that sorrow carves into your being, the more joy you can contain."

-- Khalil Gibran

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 January to March 2019

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