

## 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 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 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.

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

Please refer to the website for more  
details and changes to events or times:  
[www.stalbertbereavement.ca](http://www.stalbertbereavement.ca)

# St. Albert Bereavement Fellowship Events

September 11 7:00 PM	<b>Self-Care Amidst Loss</b> <ul style="list-style-type: none"><li>○ Why looking after yourself matters</li><li>○ How to do so while grieving</li></ul> Deepika Mittra, BSW, MSc, RSW Therapist, Stress Expert, Self-Care Advocate <a href="http://www.deepikamittra.com">www.deepikamittra.com</a> (780) 238-9490
September 25 7:00 PM	<b>Links Support Group</b> Facilitator: Carol Dickson, CGSC
October 9 7:00 PM	<b>Discovering Hope and Peace Through Gratitude</b> <ul style="list-style-type: none"><li>○ Cultivating an attitude of thankfulness</li><li>○ Recognizing gifts that make life worth living</li></ul> Patricia Magliocco, M. Div. Grief Studies Certification, Certified Funeral Celebrant
October 23 7:00 PM	<b>Links Support Group</b> Facilitator: Carol Dickson, CGSC
November 13 7:00 PM	<b>Brain Research and Neuroplastic Breakthroughs</b> <ul style="list-style-type: none"><li>○ Can brain research help us when we are grieving?</li><li>○ Speaker's personal experience</li></ul> Rev. Garry Engler, Chaplain Sturgeon Community Hospital <a href="mailto:garry.engler@capitalhealth.ca">garry.engler@capitalhealth.ca</a> (780) 418-8266
November 27 7:00 PM	<b>Remembering Our Loved Ones at Christmas</b> 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 11 6:30 PM	<b>Christmas Dinner Social for Members</b> 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.

Links Support Group meetings  
are cancelled during  
November and December.  
Links will resume January 22, 2019

## Contact Information

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## Website

[www.stalbertbereavement.ca](http://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



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



*"While grief is fresh, every attempt to divert only irritates. You must wait till it be digested, and then amusement will dissipate the remains of it."*

*-- Samuel Johnson.*

*"What do you say? There really are no words for that. There really aren't. Somebody tries to say, 'I'm sorry, I'm so sorry.' People say that to me. There's no language for it. Sorry doesn't do it. I think you should just hug people and mop their floor or something."*

*-- Toni Morrison.*

*"When we have joy we crave to share, we remember them."*

*-- S. Kamens & Rabbie Jack Riemer*

*"Ain't no shame in holding on to grief, as long as you make room for other things, too."*

*-- "Bubbles", The Wire*

*"The holiest of holidays are those kept by ourselves in silence and apart: The secret anniversaries of the heart."*

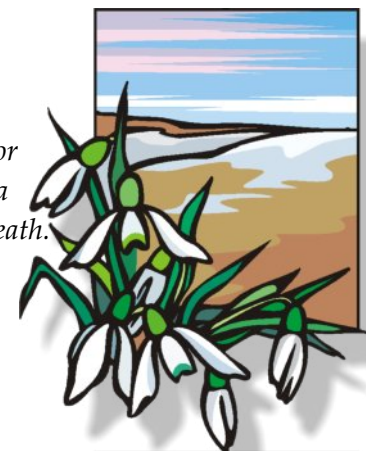
*-- Henry Wadsworth Longfellow.*

[www.bustle.com/articles/49217-12-quotes-for-strength-in-a-time-of-loss-or-grief](http://www.bustle.com/articles/49217-12-quotes-for-strength-in-a-time-of-loss-or-grief)

[www.whatsyourgrief.com/64-quotes-about-grief/](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 2018*

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