

2022 Annual Report

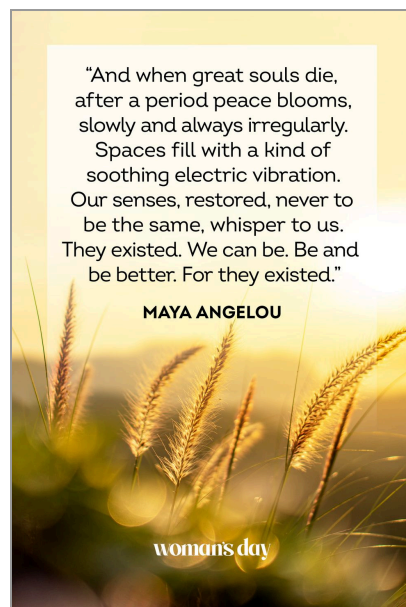
November 15, 2023

Introduction

For over 41 years, Bereaved Families of Ontario – Ottawa Region (BFO Ottawa) has been supporting grieving individuals and families and today in this post-pandemic context, it is more important than ever that we continue our work. offers peer-based support to those in need. BFO Ottawa is an organization made up of volunteers and staff who run a number of programs throughout the entire year. Our programs aim to provide something for everyone, serving individuals and families, regardless of religion, culture, gender, sex, physical ability or financial status.

The Year in Review

Over the course of 2022 and in the wake of the pandemic, BFO Ottawa continued to successfully facilitate multiple peer support opportunities including Support and Share Afternoons (SSA), Support and Share Nights (SSN), Closed Groups, Virtual Webinars and our two memorial events. As many COVID restrictions were lifted we were able to offer some of these activities in person although many remained in a virtual format.



Support and Share Afternoon (SSA):

Throughout 2022, BFO Ottawa held SSA drop-in sessions every Thursday with a total of 646 participants. SSA has run for many years and 2022 was no exception. The program was led by BFO Ottawa staff in an open, roundtable conversational format. The participants have a mix of losses and share stories and provide support to each other. The value of such a program is evident in that there are several participants who return to the program every week.

Support and Share Night (SSN):

Over the course of 2022 BFO Ottawa continued to hold monthly SSN. These sessions were held virtually with an average monthly attendance of 45 participants and 541 for the year. There was a guest speaker for 11 of the 12 sessions and breakout sessions were facilitated by volunteers for the Spouse/Partner, Parent, Sibling/Friend/Relative, Child, Suicide and Substance Use groups. Surveys were sent to participants after each Support and Share Night event and we found that the program was very successful (consistent very good and excellent ratings).

Support and Share Walk (SSW):

BFO Ottawa also offers a weekly unstructured, support walk facilitated by two male volunteers, which is relatively unique! We had a total of 92 participants throughout the year come out on Wednesdays to enjoy a 5-km walk in the heart of the city along the Ottawa River and behind Parliament Hill.

Facilitator training:

BFO Ottawa's has been providing training for volunteer facilitators for many years. The 2.5 day training endeavors to prepare participants to facilitate a number of different programs including SSW, SSD, SSN, closed groups and to provide individual peer support. In the fall of 2022, BFO Ottawa held one facilitator training session in which six people participated.

Closed Groups:

During 2022, BFO Ottawa continued to offer volunteer-facilitated spring and fall 8-week closed group programs included Loss of Spouse, Loss of Child, Loss by Suicide, Loss by Substance Use, Loss of Parent, Loss of Sibling/Friend/Relative and Art Therapy. An official BFO Ottawa 8-week curriculum was used to cover such topics as What to Expect in Your Grief Journey, Emotions Experienced During the Grieving Process and Introducing Your Loved One, an opportunity for participants to bring photos and mementoes of their loved one and share with their peers.

Ninety people attended the two 8-week offerings, this was up from 19 participants in 2021. During these sessions participants had the opportunity to delve deeper into their losses and support each other on the journey. Feedback from participants was generally positive noting excellent facilitation and that the program is very helpful and highly recommended. Participants suggest that 8 weeks is too short and we should consider a 10 week program.

A **Facilitator Mentoring** program was also established in 2022. The program consists of 3 virtual sessions held at the beginning, middle and end of the 8-week closed group sessions. The program provides facilitators an opportunity to learn from each other, to talk about challenges and lessons learned and provides an overview of the curriculum for the upcoming weeks in case there were questions or concerns regarding upcoming content. The program is mandatory for facilitators to either attend personally or view the recording prior to the next Closed Group meeting. Informal feedback is that this program is useful and well appreciated.

Butterfly Event:

On Sunday June 12th, 2022, BFO Ottawa held its 12th annual Butterfly Memorial Event, filmed at Beechwood, Canada's National Cemetery. During the event, we had the opportunity to listen to inspirational poetry and words from volunteers. We were also thrilled to have Tina Boileau as our distinguished guest speaker. One hundred-and-fifteen participants attended this event.

Candlelight Event:

On Sunday, December 4th, 2022, sixty plus people attended the Candlelight Event at Beechwood Cemetery's Sacred Space where we heard Catherine Belanger speak about her journey with grief.

2022 Numbers at a Glance

The following is a compilation of statistics that represent the vast amount of work conducted by staff, board and volunteers.

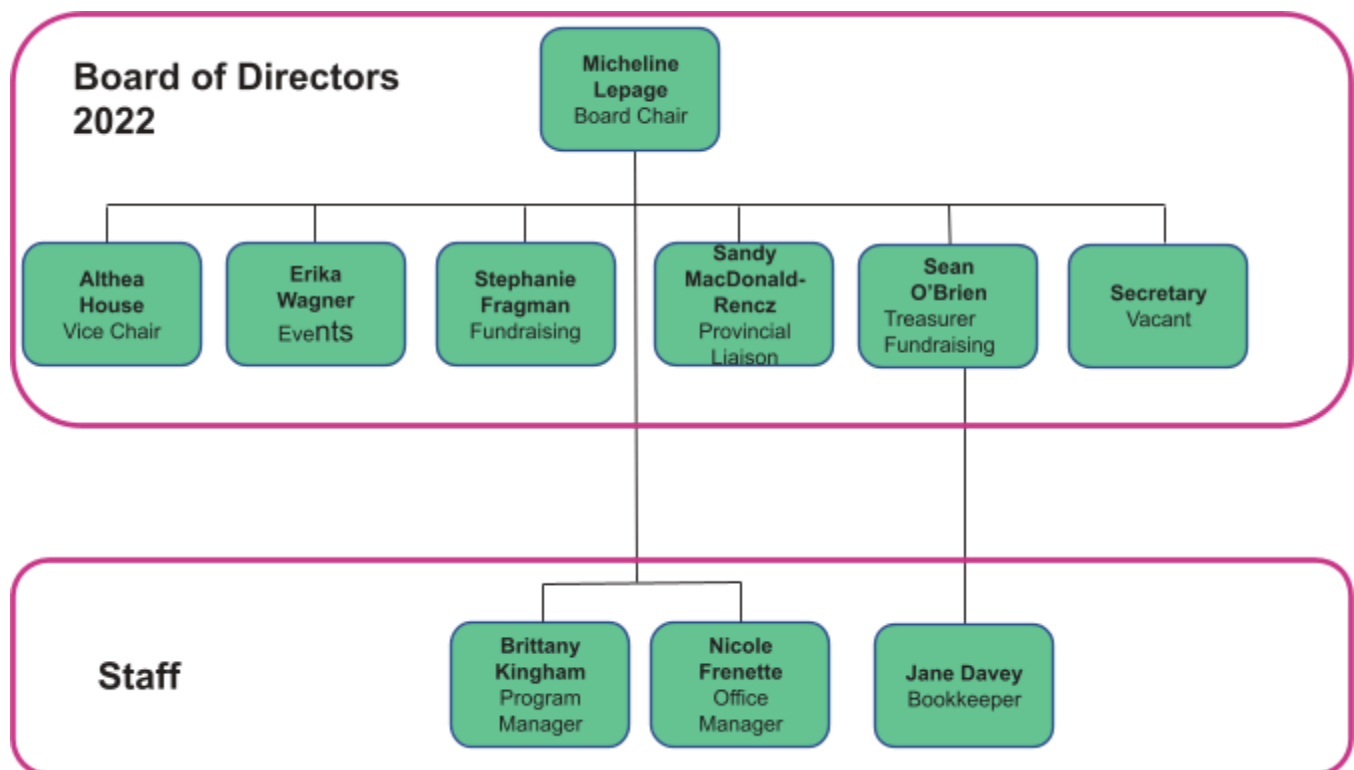
	2021	2022
1. New peer support facilitators trained	8	6
2. Volunteers (excluding Board members)	48	40
3. Volunteer hours	3,185	1,455
4. Closed Group participants	71	90
5. Tree of Life/Candlelight memorial event participants	56	60+
6. Butterfly memorial event participants	100	115
7. Support and Share Afternoon (SSA) participants	450	646
8. Support and Share Night (SSN) participants	496	541
9. Support and Share Walk (SSW) participants	na	92
10. Enquiries through emails and phone calls to our office	(278 / 481) = 759	(282 / 487) =769
11. Board of Director volunteer hours	3,500	3,380
12. Email Subscribers	2,642	2,720
13. Facebook followers	2,704	2,750
14. Website views per month/year	3,111 monthly average; 37,343 total year	1,494 monthly average; 17,930 total year

Changing Roles

There were some changes in BFO Ottawa office staff in 2022. In February 2022, Julie Ann Levitt left BFO Ottawa. In August of 2022, Sarah Wolfe, accepted the position of Program Manager but also left in August to pursue another opportunity. We welcomed Brittany Kingham in September 2022 as the new Program Manager. We are very grateful to have the services of these very dedicated and talented individuals. We also want to thank the volunteers for their patience during this time of many changes.

Outgoing from our Board in 2022 were Erika Wagner who completed her 2-year term in December. Erika may be gone from the Board but she remains involved with BFO Ottawa's Butterfly Event. We are eternally grateful for her dedication and commitment to this event. We thank them all for sharing so generously their expertise while they were part of our team. They will always be welcome as members of the BFO Ottawa community!

New to our Board in 2022 are Sandy MacDonald-Rencz, Stephanie Fragman and Althea House who also stepped in as Vice-Chair later in 2022. Micheline Lepage became the new Chair of BFO Ottawa in November of 2022.



Community Supporters

We would like to express our profound appreciation to our extremely dedicated volunteers, our donors, grantors, sponsors and partners. Without the active support of the Ottawa community, we simply would not be able to offer the quality of programs that we do, to inspire hope and healing for people in the Ottawa region who are grieving the loss of a loved one.

In particular, we would like to express our profound appreciation to our extremely dedicated volunteers. Volunteers are the lifeblood of what we do. All of our programs are peer-led and our dedicated volunteers are the secret to the success of the grief-support we deliver. In 2022 nearly 300 support groups took place serving over 2000 people. Over 45 volunteers, including our Board of Directors, delivered grief support with over 4000 hours generously donated by these dedicated people. So again, a huge thanks to our wonderful volunteers.



Corporate Donors

We would also like to say a big thank you to our corporate sponsors without whom our programs would not be possible. Thank you to the following

- Abundance Canada Foundation
- Amica The Glebe
- Beechwood Cemetery
- Columbus Club- Council 485
- Government of Canada
- Ontario Trillium Foundation
- Taggart Family Foundation
- Welch LLP



Look ahead to 2023

Regular programs including Support and Share Afternoon and Support and Share Nights will be offered in a hybrid format with some meetings held virtually and some in person.

Support and Share Afternoons will continue to be run on a weekly basis with the option to add breakout rooms as required due to a recent uptake in registrations by the community.

Support and Share Nights will continue to run on a monthly basis.

Wednesday Weekly **Support and Share Walk** will continue as usual, proving to be a popular opportunity for community members to connect with each other among the healing powers of nature while enjoying a guided walk by dedicated facilitators.

The plan for 2023 is to hold two **facilitator trainings** to prepare volunteers to become BFO Ottawa Facilitators. These will be planned to coincide with the twice a year Closed Groups.

Two sessions of **Closed Groups** are planned for spring and fall of 2023. Our volunteers will benefit from a mentoring program which provides support to facilitators for the duration of the 8-week periods for these sessions.

Going forward, we will be reaching out to community groups to make sure that no one is left to grieve alone and in isolation. We are actively working on improving our administrative processes to become more efficient and to ensure business continuity. We are hoping to have a more formal and consistent evaluation of each of our programs to inform our improvements. Finally, we plan to round out our board and fill a few vacancies.

2022 Profit & Loss

Bereaved Families of Ontario-Ottawa Region Profit and Loss

January - December 2022

		Total		
		Jan - Dec. 2022	Jan - Dec. 2021 (P'Y)	
INCOME	Government Grants	\$ 26,304	\$ 35,514	City of Ottawa and Ontario Trillium Foundation
	Foundations and Associations	\$ 43,536	\$ 53,613	Taggart, Abundance Canada, Columbus Club
	Donations	\$ 59,732	\$ 53,101	Includes annual events
	Sponsorships	\$ 3,500		Amica, EQ Homes
	BFO Provincial (Nevada Tickets)	\$ 7,913	\$ 10,123	
	Other Revenue	\$ 1,567	\$ 41,069	COVID subsidies in 2021
	Total Income	\$ 116,350	\$ 157,956	Yr/Yr difference driven by 2021 COVID subsidies
EXPENSES	Salaries and Benefits	\$ 93,512	\$ 106,550	
	Professional Services	\$ 4,853	\$ 20,034	Audit, Consultants
	Office rent and expenses	\$ 12,759	\$ 13,896	
	Program & Office Supplies	\$ 8,007	\$ 5,635	
	Services	\$ 7,665	\$ 13,538	Website, Advertising, Zoom, Grant Advance Solutions
	Fees	\$ 2,900	\$ 3,212	Canada Helps, Provincial Admin, Bank Fees
	Other Expenses	\$ 1,859	\$ 2,002	Insurance
	Total Expenses	\$ 131,555	\$ 164,866	
	Profit	-\$ 15,205	-\$ 6,910	

2022 Balance Sheet

Bereaved Families of Ontario-Ottawa Region

Balance Sheet

As of December 31, 2022

		Total	
		As of Dec. 31, 2022	As of Dec. 31, 2021 (PY)
ASSETS	Cash in Bank	\$ 33,318	\$ 69,484
	Petty Cash	\$ 435	\$ 435
	GIC	\$ 33,164	\$ 31,331
	Total Cash and Equivalents	\$ 66,917	\$ 101,250
	HST Receivable	\$ 688	\$ 1,864
	Prepaid Expenses	\$ 3,623	\$ 4,324
	Total Assets	\$ 71,228	\$ 107,437
LIABILITIES	Accrued Liabilities	\$ 3,550	\$ 3,350
	Deferred Revenue Contributions	\$ 2,000	\$ 23,204
	Total Current Liabilities	\$ 5,550	\$ 26,554
	Loan Payable	\$ 40,000	\$ 40,000
	Total Liabilities	\$ 45,550	\$ 66,554
EQUITY	Retained Earnings	\$ 40,883	\$ 47,793
	Profit for the year	-\$ 15,205	-\$ 6,910
	Total Equity	\$ 25,678	\$ 40,883
	Total Liabilities and Equity	\$ 71,228	\$ 107,437

Annual Audit
Remains of Trillium Grant

COVID CEBA Loan (Due Jan 18th, 2024)