

St. Albert Bereavement Fellowship Events

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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.

Watch our website for updates and changes to the calendar.

www.stalbertbereavement.ca

<p>April 8 7:00 PM</p>	<p>Time to Talk About It</p> <ul style="list-style-type: none"> ○ Grief hurts, and it sucks, so we don't talk about it; but it's time we did. <p>Todd Reinholt Funeral Celebrant, Grief Recovery Specialist</p>	
<p>April 22 7:00 PM</p>	<p>Links Support Group Facilitator: Angie Hampshire, CGSC</p>	
<p>May 13 7:00 PM</p>	<p>Fraud and Scams</p> <ul style="list-style-type: none"> ○ We will discuss the various types of frauds and scams, and how you can protect yourself against them. <p>Marium Doud Branch Manager, ATB</p>	<p>Meetings take place at Red Willow, 7 Tache Street, St. Albert.</p> <p>Meetings include refreshments and snacks.</p>
<p>May 27 7:00 PM</p>	<p>Links Support Group Facilitator: Angie Hampshire, CGSC</p>	
<p>June 24 July 22 August 26</p>	<p>Speaker Sessions are suspended during July and August, but Links Support Group will continue at 7:00 as usual.</p>	
<p>June 10 7:00 PM</p>	<p>Annual General Meeting and Election of Board Members</p> <ul style="list-style-type: none"> ○ Members in good standing will elect board members. ○ Everyone is welcome to attend and learn about our fellowship. ○ Light refreshments are served after the election. 	

What We Do

We help you cope with your loss.

We host *Guest Speaker Meetings* during which a professional in a related field offers a presentation designed to help us understand more about loss and grieving.

Links Support Group is an informal evening of sharing in a quiet, supportive setting. A grief facilitator is present to help. You may attend without any obligation to speak; we each deal with loss in our own way.

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

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.

Membership is not required to join the meetings.

Membership Benefits

- ✓ 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

"There are times when explanations, no matter how reasonable, just don't seem to help."

– Fred Rogers

"There are no goodbyes for us. Wherever you are, you will always be in my heart"

– Mahatma Gandhi

"Reality hurts when you fight it. It makes you strong when you accept it."

– Maxime Lagacé

"When someone we love dies, we get so busy mourning what died that we ignore what didn't."

– Ram Dass

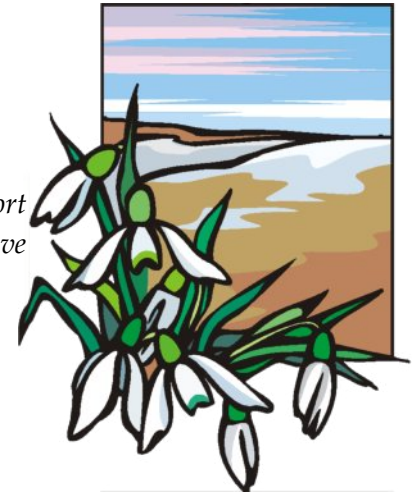
"True that we don't know what we've got till we lose it, but also true that we don't know what we've been missing until it arrives."

– Paulo Coelho

www.usarnsonline.com/grief-loss/grief-quotes/

St. Albert Bereavement Fellowship

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



Information & Calendar

for April to August 2025

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