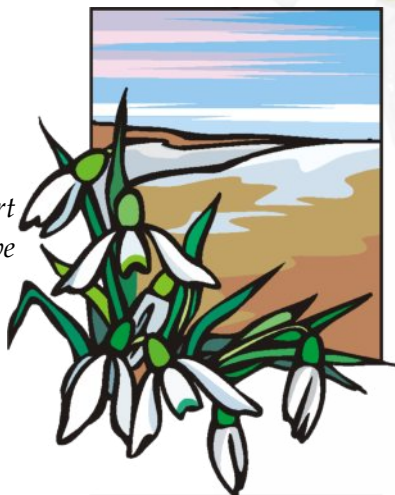


St. Albert Bereavement Fellowship

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



Information & Calendar

for January to March 2026

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

Events Calendar

January 13 7:00 PM	Scam Smart <ul style="list-style-type: none"> ○ Identify and prevent scams & fraud both online and on the phone <p>Derrick Meyer President, Digital Link Inc.</p>	<p>Meetings take place at Red Willow, 7 Tache Street, St. Albert.</p> <p>Meetings include refreshments and snacks.</p>
January 27 7:00 PM	Links Support Group Facilitator: Angie Hampshire, Certified Grief Counsellor	
February 10 7:00 PM	Crying Over Tomatoes (Losses After the Loss) <ul style="list-style-type: none"> ○ We will explore the topic of secondary losses that can impact us in the days, months and years after a primary loss. <p>Dani Stobbs, B. A. Program Lead, Grief Support Services at Pilgrims Hospice</p>	
February 24 7:00 PM	Links Support Group Facilitator: Angie Hampshire, Certified Grief Counsellor	
March 10 7:00 PM	Links Support Group Facilitator: Angie Hampshire, Certified Grief Counsellor	
March 24 7:00 PM	Annual General Meeting and Election of Board Members <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

"The comfort of having a friend may be taken away, but not that of having had one."

– Seneca

"There are three needs of the griever: to find the words for the loss, to say the words aloud and to know that the words have been heard."

– Victoria Alexander

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

– Earl Grollman

"Mostly it is loss which teaches us about the worth of things."

– Arthur Schopenhauer

Contact Information

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Website

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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