

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.

Please refer to the website for updates regarding COVID restrictions, and changes to events and times:

www.stalbertbereavement.ca

April 12 7:00 PM Postponed until the AGM June 14	Finding Meaning in Our Grief <ul style="list-style-type: none">○ Is it OK to be angry?○ Listening to our emotions Bob Kerr Chaplin, Sturgeon Community Hospital	In-person meetings take place at Red Willow, 7 Tache Street, St. Albert.
April 26 7:00 PM	Links Support Group Facilitator: Angie Hampshire, CGSC	
May 10 7:00 PM	The Faces and Facets of Our Grief <ul style="list-style-type: none">○ Normalizing what grief is and what it isn't○ Sharing who grieves and how they grieve Chi Salter Roberts, CCFE, CBC Grief support Services, Pilgrims' Hospice Society	
May 24 7:00 PM	Links Support Group Facilitator: Angie Hampshire, CGSC	
June 14 7:00 PM	Annual General Meeting and Election of Board Members <p><i>This year we will include a presentation by Bob Kerr.</i></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.○ Refreshments are served after the election. <p><i>Speaker Sessions are suspended during July and August, but Links Support Group will continue as usual.</i></p>	
June 28 July 26 August 23 7:00 PM	Links Support Group Facilitator: Angie Hampshire, CGSC	

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 reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you'll learn to live with it.

You will heal and you will rebuild yourself around the loss you have suffered.

You will be whole again but you will never be the same. Nor should you be the same nor would you want to."

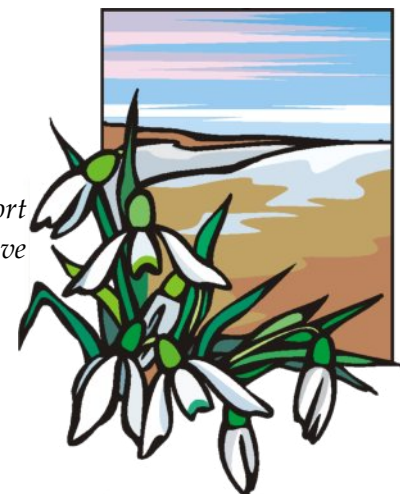
-- Elisabeth Kubler-Ross
& David Kessler

"There is no pain so great as the memory of joy in present grief."

-- Aeschylus

St. Albert Bereavement Fellowship

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



Information & Calendar

for April to August 2022

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