Thursday Support & Share Groups

bfo Ottawa
Bereaved Families of Ontario

Connect with others who understand the experience of grief in a safe, welcoming, and confidential environment. Led by trained BFO volunteer facilitators, our peer support groups offer an opportunity to share your experiences, listen to others, learn about grief, and receive support from people who have also experienced the death of someone important in their lives.

🕐 **Time:** Thursdays, **12:00–1:30 p.m.**

💻 **Virtual Support & Share** *(1st, 3rd and 5th Thursdays of the month)*
Join us from the comfort of your home. A Zoom link will be emailed to you upon registration.

☕ **In-Person Support & Share** *(2nd and 4th Thursdays of the month)*
Location: BFO Office: 211 Bronson Avenue, Room 303 (near Somerset, easy access from Highway 417)

Doors open at **11:50 a.m.** for sign-in, coffee, and cookies.

Registration is required for each session. Please register using the links below.

October 2026 Schedule

💻 **Thursday, October 1 – Virtual**
https://lp.constantcontactpages.com/ev/reg/w9fzmy9

☕ **Thursday, October 8 – In Person**
https://lp.constantcontactpages.com/ev/reg/6h6gs4y

💻 **Thursday, October 15 – Virtual**
https://lp.constantcontactpages.com/ev/reg/322x9uy

☕ **Thursday, October 22 – In Person**
https://lp.constantcontactpages.com/ev/reg/wdvesrp

💻 **Thursday, October 29 – Virtual**
https://lp.constantcontactpages.com/ev/reg/a46px67

💙 **Suggested Donation: $20 per session.** Your donation helps Bereaved Families of Ontario – Ottawa Region continue providing compassionate grief support programs in our community. Donations can be made by credit card with this link BFO Ottawa - Donate Now or etransfer at office@bfo-ottawa.org or cash at the office. No one will be turned away due to an inability to donate.