Knit Your Grief

Craft & Connect

bfo Ottawa
Bereaved Families of Ontario

Knit Your Grief is an **in-person drop-in peer support program** that combines hands-on creative activities with conversation and connection. Participants bring a project of their own choosing to work on during the group. While keeping their hands busy, participants can share, listen, and connect with others who are grieving, with support from two trained BFO facilitators.

Project ideas: Knitting, crochet, stitching, embroidery, paint-by-number, colouring, sketching, collage, beading, jewelry making, card making, scrapbooking, sticker art, or another portable creative project.

This drop-in program is offered in person on select **Saturday mornings from 10:00 a.m.–12:00 p.m.** and **Wednesday afternoons from 11:30 a.m.–1:30 p.m.**

Registration is required for each date. More information will be provided upon registration.

Saturday October 24, 2026 https://lp.constantcontactpages.com/ev/reg/8nhrfhc

Wednesday November 4, 2026 https://lp.constantcontactpages.com/ev/reg/3ehqukv

Saturday November 21, 2026 https://lp.constantcontactpages.com/ev/reg/7zrfw5s

Wednesday December 2, 2026 https://lp.constantcontactpages.com/ev/reg/634rxqq

Saturday December 19, 2026 https://lp.constantcontactpages.com/ev/reg/wm5hbbd

Wednesday December 30, 2026 https://lp.constantcontactpages.com/ev/reg/q6b7g3e

Saturday January 16, 2027 https://lp.constantcontactpages.com/ev/reg/yhdjjdy

Wednesday January 27, 2027 https://lp.constantcontactpages.com/ev/reg/6uzed8w

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Suggested Donation: $20 per session. Your support helps BFO continue offering grief support programs in our community. Donations can be made by credit card using the link below or by e-transfer office@bfo-ottawa.org

Click here to donate - https://www.canadahelps.org/en/dn/69436
