

Bereaved Families group to hold Walk to Remember Sunday

On Sunday May 29, Bereaved Families of Ontario—Halton-Peel will host a Walk to Remember.

Walkers from around Halton and Peel will stroll through the beautiful Innerbank Trail of the Sixteen Mile Creek, beginning at Lion's Valley Park in Oakville in memory of someone special they have lost.

Some will walk in the name of a friend, some a co-worker. Others will be walking in memory of a spouse, a child, a parent, a sibling or someone else precious to them.

In addition to honouring the memory of their loved ones and raising funds for the programs and services provided at Bereaved Families of Ontario—Halton-Peel (BFO/HP) the hope of the event organizers is also to raise awareness about the organization and its work surrounding bereavement and grief.

BFO/HP support makes a critical difference in the lives of those who have experienced a family tragedy. Over 99% of BFO/HP's program participants evaluate the programs as having decreased isolation, increased

hope, and provided a network of support to help them cope and re-build their shattered lives.

The unique program reached over 7,000 people this past year, including approximately 130 who were supported in the past year in its intensive, life-changing 12-week support program.

The Walk to Remember is open to the entire community, and walkers can choose simply to make a donation to Bereaved Families of Ontario or to gather pledges in memory of the person in whose name they are walking;

all proceeds will be used to support Bereaved Families programs in Halton and Peel.

Pledge forms are available at www.bereavedfamilies.ca or from 905-813-4337.

Thanks to the generosity of many sponsors, The Walk to Remember will conclude with a Community Appreciation Brunch at Lion's Valley Park.

Participants will enjoy a barbecue donated by Maple Leaf Foods, Schneider's, Simple Pleasures Catering, & Loblaws.

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