

...Linking UP...↑ Presents:

Grief & Bereavement



Presented by
Cheryl Bailey, MSW,
Bereavement
Counsellor

who has 15 years of experience in Developmental Services, advocating with individuals and family members for increased rights and ways to enhance the quality of supports. She has also been certified by the Grief Recovery Institute and has been providing grief and bereavement counselling for five years. She is a Circle of Friends facilitator and has also completed training to support those around suicide bereavement. She is a member of Grief Network Niagara and has presented at the Bereavement Ontario Network (BON) on the theme of "I'm Grieving Too"; speaking about unrecognized and unacknowledged loss for people with Developmental Disabilities. This videoconference will define what grief and bereavement is and focus on the many different kinds of losses which you may experience in life. You will learn about the different emotions associated with loss, how to talk about your feelings and different coping strategies to help you.

...Linking UP...↑

Through Videoconferencing, we want to:

- **Connect with other Self Advocates across Ontario**
- **Share ideas**
- **Enjoy educational presentations**

January 29th, 2016

9:30am-12:30pm (Eastern Standard Time)

Agenda for the videoconference:

9:30am – 10:00am	Videoconference site set up
10:00am – 10:30am	Meet N Greet
10:30am – 10:45am	Break
10:45am – 12:00 (noon)	Presentation
12:00pm – 12:30pm	Follow Up / Announcements

Video Conference Sites confirmed are listed below:

RSA–London, Chatham, Windsor, Walkerton
Bethesda – Vineland, Thorold, TLCS Hamilton
Family Counselling Centre of Brant - Brantford
Brantwood - Brantford
Choices - Dundas
Grey Bruce Health Sciences - Walkerton
Hamilton Brant Behaviour Services - Hamilton
Community Living Owen Sound
Community Living Essex (Comber)
Community Living Port Colborne-Wainfleet
Community Living Algoma
CMHA Niagara Falls & St.Catharines
Christian Horizons - London
Family Counselling & Support Services - DSO – Guelph

VC Sites and # of participants could be forwarded by January 22nd to :

dsmith@bethesdaservices.com

When visiting the CNSC website, subscribe to "News" via email to receive notices of future Videoconference event that might interest you. www.community-networks.ca www.reseaux-communautaires.ca