



# An invitation to DEVELOPMENTAL SERVICES DIRECT SUPPORT STAFF

First Session of 2025

Bereaved Families of Toronto, is offering a Peer Grief Group designed especially for Developmental Services Direct Support Staff.

An opportunity to talk with other colleagues from the developmental services sector about the grief associated with the death of people you've supported through your work and commitment.

## What other Direct Support Staff have said:

"Hearing the stories and experiences of others allows participants to understand what they're experiencing is a difficult, but normal aspect of life."

"I found this group very helpful, it was nice to share with people outside of my agency, and it was convenient outside of working hours and virtual."

"I didn't know what to expect or even what I needed, but I felt a sense of calm relief and understanding after the sessions were complete."

"A very positive experience. Listening to people's stories of grief and loss, helped me see the hard parts of my role at work in new way. Pleasant vulnerable experience."



At BFO, our groups are facilitated by extensively trained volunteers. This series will be facilitated by one of our volunteers who has been in Developmental Services for over 35 years, and who has first hand experience of loss and grief in the work place; navigating hard conversations with teams, individual staff, parents and people with developmental disabilities.

Sharing your story is part of the Grief Journey

Wednesdays from 6:30pm - 8:00pm

January 15, 22, 29 February 5, 12 and 19th

Participants are expected to commit to all 6 sessions



Join us on ZOOM for a safe space to heal and be heard

To register [CLICK HERE](#) SUBJECT LINE: January Direct Support Grief Group

QUESTIONS Please contact

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