

WHO WE ARE

Founded in 1912, the BC Funeral Association represents funeral homes, cemeteries, and crematoriums across British Columbia. Our members uphold the highest standards of ethics and service in the funeral service profession and with the public through education, communication, and leadership.

WE CAN HELP

The BC Funeral Association and its members are committed to providing British Columbians the information, resources, and options they need when facing a loss or planning for the future.

bcfunerals.com
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**COMFORTING LOSS.
CELEBRATING LIFE.**

FINDING GUIDANCE AND SUPPORT



REMEMBERING A LIFE WELL LIVED

We never really lose those close to us. They remain in memories and the love and lessons that will endure in our hearts and minds; continuing to enhance, inspire, and guide our lives. Part of the process of grieving is gathering together to find comfort in the bond that another life has created.

EVERY LIFE CELEBRATED

The BC Funeral Association is a non-profit organization that represents the voice and values of our members. Funeral Service Professionals have chosen a career of caring. They take pride in easing the pain of loss and helping to bring comfort to the bereaved. They listen, placing the concerns of others far above their own, and do their best to draw out and respond personally to the wishes and feelings of those they serve.

Choosing a funeral provider to care for your loved one can be a difficult and daunting decision. Our role in your remembrance is to provide guidance that will free you to focus on your farewell and celebrate a life that has made a memorable mark on your own.

EMBRACE GRIEF

Grief opens the door to healing and helps us to find comfort in carrying on. It's a process that invites acceptance and offers understanding. Through grieving openly we discover new meaning and motivation in our own lives. At the same time, we want to avoid being overwhelmed by grief.

- Grieving is a painful certainty; a process best embraced openly, honestly, and together.
- Grieving is a necessary step on the road to remembrance and the realization of the legacy another life has left to enhance your own. Grief is the storm before the calm.
- Grieving doesn't have to be a lonely process. We can temper the pain of loss by sharing memories of a loved one. It helps to have a hug and another heartbeat in the room.
- We can turn to sources that we trust, respect, and that we have relied on before. Perhaps a best friend or spiritual leader.
- Support groups and grief counsellors offer experience and can bring commonly experienced aspects of grief to personal help.

Find more helpful information and links to assist you through your journey, including our comprehensive Guide on Death and Dying at bcfunerals.com



COMFORTING LOSS. CELEBRATING LIFE.

CARE FOR YOURSELF

Don't allow the weight of grief and the pressure of making arrangements take a toll on your health. Grief can be overwhelming. It can also have physical symptoms such as fatigue, sleep disturbances, and changes in appetite.

It is important to remember that grief is a process, and that healing takes time. There is no right or wrong way to grieve, and everyone's experience is unique. Self-care is essential during this time, as taking care of oneself emotionally, physically, and mentally can help manage the intense emotions associated with grief.

- Welcome the willing help of others. You may also want to seek grief counselling or join a support group.
- Engaging in physical activity and taking time to pursue a favourite hobby are proven to ease the grieving process.
- Don't feel guilty about indulging yourself at this time. Enjoying a dinner out with a good friend for a cry and laugh over shared memories provides a pleasant break at a hard time.

DECISIONS UPON DECISIONS

Of all the journeys in life, saying goodbye to a family member or someone we love is by far one of the most challenging and stressful. The BC Funeral Association and its members are here to provide you the support, resources, and tools to help manage grief as you deal with the pain of loss.