



THE BONAVENTURE BUZZ

Empowering Potential, together!

Welcome to the May 2025 issue of the Bonaventure Buzz, our monthly newsletter that will highlight all the happenings within and around Bonaventure Support Services. This edition is packed with a spotlight on World Bee Day , reminders of important dates coming up along with the Recreation Schedule, and loads of other tidbits of information!

As always, we welcome your input on future editions of the Buzz including articles you've enjoyed, favorite recipes, personal milestones, and anything else you'd like to celebrate!

BONAVENTURE

Land Acknowledgement: "Bonaventure honors the rich heritage and traditions of the Coast Salish people, on whose lands we work, live, and play. We are committed to respecting and learning from the cultures that shape this land, as we strive to cultivate a community rooted in understanding and inclusivity."

From The Helm – Founder and CEO Andy Reynolds

As we navigate through the terrible news surrounding the Lapu-Lapu Day tragedy in Vancouver over the weekend, I want to remind everyone of the support and services offered by the Crisis Center of BC. They provide a very valuable tool to not only many of our supported individuals but to you, as service providers working front-line in a very challenging time.

The Crisis Centre of BC
<https://www.crisiscentre.bc.ca/>

The Crisis Centre of BC believes in a world where the human experience of suicide and crisis is met with compassion, respect, and understanding. We provide opportunities for connection, where people are valued and supported to address crisis and suicide.

Join our free webinar: Understanding Grief – A Guide for Grievers and Those Who Support Them

https://www.crisiscentre.bc.ca/events/understanding-grief/?utm_source=newsletter&utm_medium=email&utm_campaign=may_2025&utm_content=understanding_grief

While we explore the impacts of trauma and suicide-related grief, the tools and insights shared are helpful for anyone grieving any type of loss—all are warmly welcome. Whether you're grieving yourself or supporting someone who is, this session will deepen your understanding and strengthen your ability to respond with care.

We'll explore:

- What grief can look and feel like – mentally, physically, and socially
- Grieving styles, trauma, and the unique challenges of suicide loss
- Myths about grief and what not to say to someone grieving
- Cultural sensitivity, self-advocacy, and the rights of grievers
- How to provide meaningful support to others grieving, including children

This session also emphasizes self-care, community connection, and ways we can hold space for grief with compassion. One break is included.

THE BONAVENTURE BUZZ

Recreation Program

Check out what your Recreation Program has planned for you this month!

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

Recreation Coordinator















Becca Rodway

recreation@bonaventuresupport.com

(778)-326-0425

May

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Fitness Friday Oliver woods 1-3 	2	3
4	5 Mixer night at parkville CI Please Contact Chelsea 5-8 250-327-3749 	6	7 Batting cages Caged athletics  1-2	8 Bowling Sunset lanes 12-3 	9	10
11 	12 Mixer night at parkville CI Please Contact Chelsea 5-8 250-327-3749	13	14 Bus to Beban pool 12-3 	15 Yellow point Farms 12-2 	16	17
18 	19 Mixer night at parkville CI Please Contact Chelsea 5-8 250-327-3749	20	21 Driving range Beban Golf course 12-2 	22 Totem Tour Walk Duncan BC 12-3 	23	24
25 	26 Mixer night at parkville CI Please Contact Chelsea 5-8 250-327-3749 	27	28 Self Advocacy Southside CI 1-2 	29 Friday Fitness 1-3 Southside CI 	30	31

SUPPORT SERVICES

Self-Care & Mental Health

With Self Advocacy May 28th



Self Care

The practice of taking action to preserve or improve one's own health.



**you are
enough**

"It's okay to take a break
and prioritize your
mental health."

**take care
of your mind**

"In Every Story, There's
Strength"

We are also making
Individualized
self care plans

Every challenge you've faced
has shaped you into who you
are today. By embracing and
sharing your experiences,
you empower others to do
the same. Together, we
create a movement of
courage, healing, and
connection

THE BONAVENTURE BUZZ

Important Dates to Remember

Sunday May 11th – Mother's Day

2025 Oceanside Mother's Day 10km Run and 5km Run/Walk

The Oceanside Running Club Association (ORCA) is pleased to again host the Mother's Day 10 K Run & 5 K Run/Walk in 2025.

We look forward to welcoming new and returning runners, walkers, and valued volunteers on May 11th.

Centered in the heart of the quaint seaside Town of Qualicum Beach, the 2025 event builds on the success of the "new in 2023" and the 2024 versions of the be the well-loved Oceanside Mother's Day 10 K and 5 K run/walk.

The start/finish will be the grounds of the Qualicum Beach Legion (Br.76) located on Veterans Way – the site of the famous QB Saturday Farmer's Market.

Given the growing popularity of the event, to best assure a fun and safe time by all, there is a registration limit of 500 participants. So secure your place by registering early and take advantage of the lower fees!

<https://orcarunning.ca/mothers-day-run/>

Monday May 19th – Victoria Day Stat Holiday

Sunday June 15th – Father's Day

Seaside Cruizers Father's Day Show and Shine

<https://seasidecruizers.com/>



WORLD BEE DAY

World Bee Day, celebrated every **May 20**, highlights the vital role of bees and other pollinators in supporting food security and biodiversity. The date honors **Anton Janša**, a **Slovenian pioneer** of modern beekeeping, born in 1734. Proposed by Slovenia, World Bee Day was officially recognized by the UN in 2017 and first observed in 2018.


Why Bees Matter


Bees are key pollinators, responsible for fertilizing plants by transferring pollen. This natural process is essential for producing fruits, vegetables, and seeds—contributing to around 35% of global food production. Crops like apples, almonds, coffee, and tomatoes heavily rely on bees. Beyond food, bees help sustain biodiversity by pollinating wild plants, which provide shelter and nourishment for countless other species. In short, bees are a cornerstone of healthy ecosystems—and protecting them means protecting our future.


How to Celebrate World Bee Day


There are many easy and meaningful ways to support bees on World Bee Day:

 Plant Bee-Friendly Flowers

 Avoid Harmful Pesticides

 Support Local Beekeepers

 Create Safe Spaces for Bees

 Spread the Word



BROUGHT TO YOU BY: THE BSS
CULTURAL AWARENESS INCLUSION COMMITTEE

TUESDAY
MAY 27TH, 2025

MARDI & Parade GRAS

DRESS TO IMPRESS!
WEAR YOUR MARDI GRAS FINEST
GREEN & PURPLE, FEATHERS, MASKS,
BEADS, GLITTER & GOLD (OPTIONAL)

SPECIAL PERFORMANCES

SOUTHERN BBQ,
JAZZ MUSIC, PARADE,
GAMES, MASK MAKING,
BEADS, BOAS & MORE!

11AM-2PM

COVE COMMUNITY GARDEN
3542 DEPARTURE BAY ROAD

RSVP OR FOR MORE INFORMATION: cove@bonaventuresupport.com

THE BONAVENTURE BUZZ

Community Connections

Nanaimo Timbermen Home Games

Senior A Timbermen

At Frank Crane Arena

Sat May 31 7pm vs Victoria Shamrocks
Sun Jun 8 5pm vs Burnaby Lakers
Sat June 14 5pm vs Langley Thunder
Sat June 21 5pm vs New West Salmonbellies
Sun June 22 5pm vs Coquitlam Adanacs
Sat July 5 5pm vs Burnaby Lakers
Sun July 6 7pm vs Langley Thunder
Sun July 13 7pm vs Maple Ridge Burrards
Sun July 20 7pm vs Burnaby Lakers



Senior B Timbermen

At Nanaimo Ice Centre

Wed May 14 730pm vs Victoria Shamrocks
Fri May 23 730pm vs North Shore Indians
Sat June 7 5pm vs New West Salmonbellies
Fri June 13 730pm vs Ladner Pioneers @FCA
Sat June 21 330pm vs Coquitlam Bandits
Sat June 28 730pm vs North Shore Indians
Sat July 5 2pm vs Coquitlam Bandits
Wed July 9 730pm vs Victoria Shamrocks

Senior Women Timbermen

Sun May 4 9am vs Ridge Meadows @ Nanaimo Ice Centre
Sun May 11th 3:30pm vs Victoria @ Nanaimo Ice Centre
Sun June 1st 9am and 2pm vs Victoria @ Frank Crane Arena
Sun June 8th 9am vs Port Moody @ Frank Crane Arena
Sun June 22nd 9am and 2pm vs Victoria @ Frank Crane Arena

Senior C Lacrosse

Snuneymuxw Sun Devils

At Nanaimo Ice Centre

Sat May 3 730pm vs Cowichan Thunder
Sat May 10 830pm vs Victoria Tugmen
Sun June 1 8pm vs Victoria Thunder @FCA
Sun June 8 730pm vs Victoria Jokers
Sun June 22 730pm vs Cowichan River Rats @FCA
Sun June 29 730pm vs Oceanside Sharks

Oceanside Sharks

At Oceanside Arena

Sun May 4 5pm vs Cowichan Thunder
Wed May 14 730pm vs Snuneymuxw
Sun May 25 5pm vs Snuneymuxw
Sun June 1 5pm vs Victoria Jokers
Sun June 15 5pm vs Victoria Blazers



Accreditation Matters

Achieving accreditation shows the public and funders/regulators your commitment to continuously improve services, manage risk, and distinguish your service delivery.

These valuable benefits and unique advantages are the greatest return on your accreditation investment:

Assurance to persons seeking services and funding sources, referral agencies, and the community that a provider has demonstrated conformance to internationally accepted standards.

Person-focused standards that emphasize an integrated and individualized approach to services and outcomes.

Improved communication with persons served.

Evidence to federal, state, provincial, and local governments of commitment to quality of programs and services that receive government funding.

Management techniques that are efficient, cost-effective, and based on outcomes and consumer satisfaction.

Guidance for responsible management and professional growth of personnel.

Support from us through consultation, publications, training opportunities, and newsletters.

The value of accreditation goes beyond conformance.

Accreditation positively impacts your business and services in many ways. These benefits, combined with the strength of our internationally accepted standards and consultative peer-review model, are distinguishing factors that make CARF the accreditor of choice for health and human service providers.

Business improvement * Risk management * Funding/contract access * Positive visibility

Peer networking * Accountability * Insurance premium savings * eLearning support



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SUPPORT SERVICES