

## Counselling and Support

The Pregnancy and Infant Loss Program offers grief support to parents and family members who have experienced a pregnancy loss, stillbirth, or neonatal death.

### Grief Support and Counselling

We offer individual, couples and family counselling after the loss of a pregnancy or baby. Daytime appointments are available Monday to Friday.

To book an appointment, please call **403-944-8835**.

### Bereaved Parent Support Group

We offer a 6-week support group 2 times a year for bereaved parents who have had a pregnancy loss.

For more information and to register, please call **403-944-8835**.

### Caring Beyond Support Group

We offer peer support to parents who have had a pregnancy loss. Meetings are held in Calgary (the 1<sup>st</sup> Wednesday of every month) and in Airdrie (the 3<sup>rd</sup> Wednesday of every month).

You don't need to register for this support group. For more information, please call **403-944-2209** or go to: [www.facebook.com/CaringBeyond](http://www.facebook.com/CaringBeyond)

## After Your Loss

You may have many things on your mind and decisions to make at this time. It's normal to feel numb and have trouble concentrating right now.

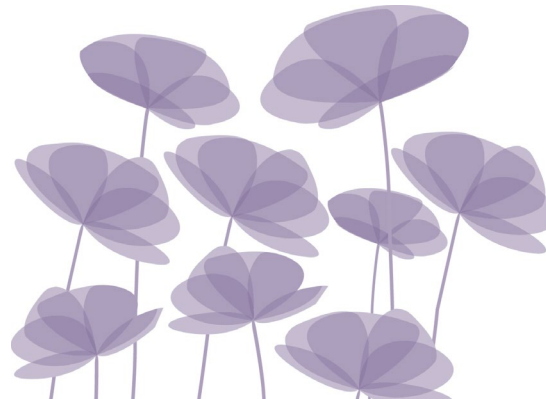
Some parents have found it helpful to:

- cancel your prenatal registration and other pregnancy-related services and apps.
- look into Employment Insurance benefits at: [www.canada.ca/en/services/benefits/ei.html](http://www.canada.ca/en/services/benefits/ei.html)
- talk to a community health nurse or call Health Link at 811, if you have any health concerns.

### Online Resources

For health information, please visit: [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)

For more information about Pregnancy and Infant Loss – Grief Support, please visit: [ahs.ca/fmc/Page16422.aspx](http://ahs.ca/fmc/Page16422.aspx)



## Counselling and Support Resources



# Pregnancy and Infant Loss Program

Calgary Zone





## Our Condolences

The Pregnancy and Infant Loss Program is very sorry for your loss. The loss of a pregnancy or baby can be one of the most painful experiences for a parent or family. There is no right or wrong way to feel or go through a loss. It's important to honour your journey and understand that it's different than someone else's journey.

We hope this pamphlet will help you learn about some of the resources we have to help you through this time.

You are not alone. We offer support to parents and families after the loss of a child soon after birth (called a neonatal death) and loss of pregnancy because of: miscarriage, ectopic pregnancy, blighted ovum, molar pregnancy, medical interruption, or stillbirth.

### Grief impacts our:

- physical health
- emotional health
- cognitive abilities (how we think and reason)
- social relationships
- spirituality



## Memorial Services

To honour the loss of your pregnancy or baby, the Pregnancy and Infant Loss Program offers the following services.

### Silent Hopes Memorial Service

This is a service to honour a pregnancy loss at less than 20 weeks gestation. The service is held 2 times a year during the spring and fall.

### Service of Remembrance

This is a service to honour a pregnancy loss at 20 weeks of gestation or more, including stillbirth and neonatal death. The service is held each year.

Please call **403-944-4460** to register for these services.



## More Resources

The Pregnancy and Infant Loss Program also offers the following resources that you may find helpful in your grief journey.

### Memory Building

We offer mementos such as teddy bears, blankets, hats, and memory boxes to help families cherish and remember their baby. Many parents and families have found this is helpful for their parenting and healing experience.

### Family Resource Guides

We also offer the After Your Loss guides to help support parents and family with the loss of a pregnancy or baby.

You can see the **After Your Loss** guides online at:

[ahs.ca/fmc/Page16423.aspx](https://ahs.ca/fmc/Page16423.aspx)

If you have any questions, please contact the Pregnancy and Infant Loss Program at **403-944-8835**.

