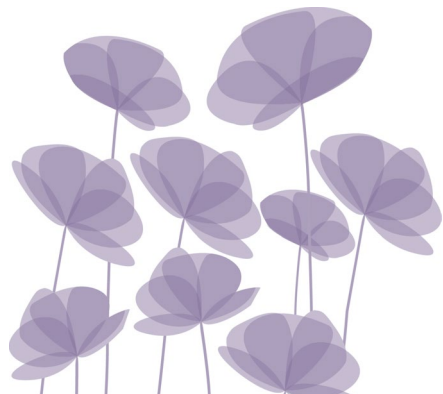


Managing Grief

Grief can be sudden and unexpected. It can be difficult to manage day-to-day life.

Here are some ways to care for yourself during this difficult time.

- Ask or allow supportive family or friends to help you, especially in practical areas such as preparing meals, cleaning your home, or other tasks.
- Engage in physical activities, such as walking, cycling, or being in nature.
- Express your thoughts and emotions by either talking, writing, or other creative ways, such as painting.
- Create meaningful grief rituals.
- Seek support from a healthcare provider if there are concerns about your mental health (depression or anxiety), sleeping, or eating patterns.



Considerations

There may be many things on your mind. It's normal to feel numb and have trouble concentrating.

Some parents have found it helpful to:

- cancel your prenatal registration, appointments, and other pregnancy-related services or apps.
- look into your workplace policies, such as sick time, short- or long-term disability, and Employment Insurance (EI).
- 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](https://myhealth.alberta.ca)

For more information about the Pregnancy and Infant Loss Program's grief counselling support, please visit: ahs.ca/fmc/Page16422.aspx

For more grief support resources, please visit: ahs.ca/fmc/Page16423.aspx

Counselling and Grief Resources



Pregnancy and Infant Loss Program

Calgary Zone



Condolences

The Pregnancy and Infant Loss Program is truly sorry for your loss. The loss of a pregnancy or baby is often a devastating experience for a parent and their family.

A normal response to your loss is grief. It may affect your body, thoughts, feelings, relationships, values, and beliefs.

Grief impacts people in different ways. You may experience:

- Lack of energy.
- Changes in sleep or appetite.
- Problem concentrating or solving problems.
- Intense feeling of sadness, anger, fear, anxiety, guilt, or helplessness.
- Finding it upsetting to be around pregnant people or babies.
- Feeling like your life has changed forever.

You are not alone.
Our program is here
to support you.



Counselling Program

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

We offer various support and services, which includes:

- Individual or couples counselling.
- Grief support groups.
- Referrals to community resources.
- Recommendations for books, podcasts, or other grief materials.
- An invitation to either our Service of Remembrance or the Silent Hopes Memorial Service.

Daytime appointments are available Monday to Friday, in-person, online, or over the phone.

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 less than 20 weeks gestation. This service is held during the spring and fall.

Service of Remembrance

This is a service to honour a pregnancy loss 20 weeks of gestation or more, including stillbirth and neonatal death. This service is held in the spring.

To book an appointment,
register for a memorial
service, or to learn more
about our program, call
403-944-4460.

