Parents’ Support Group: Following the Loss of an Infant
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They are not gone who live in the hearts they left behind.

~Native American Proverb

Losing a baby is perhaps the most inexpressible grief. Parents rightly feel that whatever sympathy and support is offered by generous friends and loving family, no one who has not experienced the loss themselves can truly understand its emotional impact. That sense of isolation compounds the other common grief reactions: feelings of emptiness, longing, anxiety, anger, helplessness and loss of control.

Over the years we have found that families who have lost a baby as a result of miscarriage, stillbirth or neonatal death are helped by getting together with other families who are experiencing the same devastating loss. We invite you to the Parents' Support Group where you will have the opportunity to meet, discuss your feelings and experiences, and grieve with other parents in a safe environment and with the assistance of a clinical social worker and a registered nurse from the Center for Women and Newborns who work closely with patients who have had pregnancy and neonatal losses. Some parents come to listen and to learn from others. Others feel the need to share their thoughts and feelings.

Everyone needs friends and family to support them after losing a baby. The Brigham’s four-session Parents’ Support Groups complement those important relationships. We have found that such groups provide a very special setting where grieving parents can feel less isolated and learn to cope by sharing their feelings and thoughts with other grieving parents.

For further information or to join our group, please call:
Tami May, MSW, LICSW  Co-leaders: Leslie Thurmond, RN
617-732-5419          MaryAnne Bennett, RN

Time: The group meets four consecutive Wednesday evenings from 6:30pm-8:00pm.

Location: Brigham and Women’s Hospital
75 Francis Street
Boston, Massachusetts 02115
Please call for directions

Resources

Books
► Empty Cradle, Broken Heart by Davis, Deborah, 1996, Fulcrum Press.
► When Bad Things Happen to Good People by Kushner, Harold, 1981, Anchor Press.

Web Sites:
► A Place to Remember: Support materials and resources for those with a crisis in pregnancy or the death of a baby. www.aplacetoremember.com
► Perinatal Loss Center: Support materials, personalized birth announcements, certificates of life and other mementos for families who have lost a baby. www.griefwatch.com

Topics frequently discussed in the Parents’ Support Group include:

♦ Individual and couples’ grief reactions
♦ Response of family and friends to your loss
♦ Returning to work
♦ Coping skills
♦ Future childbearing decisions
♦ The effect of loss on a sibling