

# Prenatal & Infant Loss Support Group at Heritage Valley Health System

The Maternity staff of Heritage Valley Health System extends our sympathy for the loss of your baby.

Whether you have lost a baby before or after birth, you are going through an emotionally painful time. You have formed a bond with your baby. Even though the baby was invisible to others, his or her presence was very real to you. The loss has undoubtedly left you with intense and confusing emotions, including anger, sadness and guilt.

How long will the pain last? Will I ever feel happy again? What can I do to let go of the hurt and move on? These are just some of the questions you may be pondering.

To help answer your questions and assist you through this difficult time, Heritage Valley Health System has formed a pregnancy & infant loss support group. This group is facilitated by a staff member of the hospital's maternal/child patient center and comprised of parents who have lost their babies, either through miscarriage, ectopic pregnancy, stillbirth or infant death. Family members and friends are also welcome to attend. By sharing their experience with one another in a caring environment, group members find comfort, hope, and strength to move through the grief process.

**The Grief Support Group takes place the second Monday of each month from 6-8 pm.**

**Where:** Classes are held virtually via Zoom Video Conferencing.

**Registration:** To register for this FREE class, please [click here](#) or email [maternalchildhealth@hvhs.org](mailto:maternalchildhealth@hvhs.org). Classes may be rescheduled or cancelled if enrollment is low.

**Help Through Caring.** The pregnancy and infant loss support group offers you a warm, accepting atmosphere in which to be. You are not expected to do or say anything. Members of the group understand that you may not be ready to discuss your feelings or experiences. You are welcome to just sit and listen. Or, if you choose, you can express your thoughts and feelings. The group is available to provide participants mutual comfort and reassurance, and practical help where possible.

**Help Through Information.** Society often encourages unhealthy attitudes toward the grief process, including avoidance and minimizing. Additionally, well-meaning relatives and friends may give wrong advice and place unrealistic expectations on bereaved parents. Knowing more can help you cope better with loss. Appropriate information helps you avoid unnecessary pain and stress. At the support group, a variety of subjects are covered. Among them are: the stages of grief, what to expect, practical coping techniques, and how to respond to other family members, including children, spouses, and older parents.

**Help Through Sharing.** Participants of the group have supported each other through their loss and now want to share the benefits of their experience with you. They understand that healing may be slow, but as you gain insight through sharing, you will regain a sense of wholeness. As they reach out to help you, they are helped, too. The loss of a baby is a tragedy. At times, the pain can be so great you may wonder how you will find the strength to move forward. You can with support. While everyone grieves in a different way and at a different pace, the infant loss support group is a resource available to help you. You do not need to experience the loss of your baby alone.