



# P.S. Newsletter

A Parent Support Group publication for those who have experienced miscarriage, stillbirth, or infant loss.

Summer 2013/ Volume 34, Issue 15



## P.S. Event: 2013 Annual Walk Contents: to Remember

Join us for the 2013 P.S. Walk to Remember!

**Sunday, October 13**

**9:00 a.m. - 12:00 p.m.**

**Gene Coulon Memorial Park**



Registration for the walk starts at 9:00 at the North Shelter in the park and pre-registration is not required. The registration fee is \$20 per family or \$10 per individual. Your whole family is welcome for this event and refreshments (coffee, donuts, and juice) are provided.

For more information, visit the website at [www.psofpugetsound.org](http://www.psofpugetsound.org) or look for updates on our Facebook page (search for "P.S. Pregnancy and Infant Loss Support").

**Directions:**

*Gene Coulon Park, 1201 Lake Washington Blvd. N, Renton. From I-405 North or South: Take Exit 5 and head west on NE Park Drive. Proceed to the bottom of the hill and turn right on Lake Washington Blvd, proceeding north. The park entrance is approximately 1/4 mile on the left. The North Shelter is located just past IVAR's and the Kidd Valley restaurants. Parking is available near the shelter. Look for the P.S. signs.*

We look forward to seeing you all there!

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**P.S. Information Line:**

206-782-0054

**P.S. Website:**

[www.psofpugetsound.org](http://www.psofpugetsound.org)

**Find us on Facebook:**

[www.facebook.com/psofpugetsound](http://www.facebook.com/psofpugetsound)

# A Grandmother Remembers

*As her second grandchild prepares to enter kindergarten, a grandmother writes about responding to our dual sorrow after stillbirth.*

By Karen Hoelscher

In her tender book, *Grandparents Cry Twice: Help For Bereaved Grandparents*, Mary Lou Reed uses her personal experience as a mother and grandmother to guide grieving families, friends, and professionals toward recognizing and responding to the special dynamics of grandparent grief.

She describes the multiple sorrows we experience after losing a grandchild, and suggests helping and healing processes grandparents can use to support their children **and** themselves.

In 2006, my family lost Ella Sophia Hoelscher to stillbirth at 37 weeks, just three weeks from full-term.

When a grandchild dies, grief is complex. We witness the agony our adult child and their partner are going through, while experiencing grief ourselves.

The shattered dream comes into focus quickly, challenging our heads and hearts in ways unimaginable. Our psychological, emotional, and physical responses begin to emerge, with each person's responses different from one another.

As bereaved grandparents, we often feel exhausted and empty and wonder what we can rely on in our darker times.

If you're newly bereaved, perhaps some of these ideas will support your journey on the grief trail.

## **In the First Several Days**

Initially, my grief was tempered by opportunities to support our son and his wife by arranging support from hospital chaplains, placing phone calls to friends and extended fam-

ily members, and having conversations with our son's employer so he could focus squarely on the grief he and his wife were experiencing.

With a crumpled heart, I helped with arrangements at the hospital morgue and at a local funeral home selected by our son and his wife. With my daughter-in-law's grieving brother, I returned to the house where Ella would have grown up to clear the expectant parents' half-eaten dinner from the kitchen table, repackage and stow shower gifts, cancel subscriptions to baby magazines, and remove nursery furniture waiting for a newborn.

You may have already had some of these opportunities to support your adult child in their grief. Now you may be asking yourself: what will sustain me, as a grandparent whose grandchild did not come home from the hospital?

According to Dr. Norman Brier, a grandfather of four and clinical professor of pediatrics and psychiatry at Albert Einstein College of Medicine at Yeshiva University, it's important to acknowledge your own sorrow and feelings of sadness while focusing on your child's loss. Your hopes and dreams for your family have been lost, too.

Here are some things that helped me in the first few weeks, months, and years after losing Ella. Take a look and see if anything might be helpful to you.

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## **In the First Few Weeks**

*Talk with people who have “been there.”* Your local hospital, church, or community grief chapter may have a support group for grieving family members after miscarriage or stillbirth. Or someone from your close circle of friends may reveal similar losses. They’re still on the grief trail. Talk with them.

*Create spaces for grieving.* I’m a fledgling gardener, and I appreciate the value of quiet meditative spaces. So I collected little signs of hope from around my neighborhood—bright maple leaves, stones, feathers, pinecones—and placed them in what I began calling my backyard “Ella Garden.” In the first several months after our loss, I’d sit there for hours with my dog’s warm head in my lap, watching a candle burn. This tiny garden still sustains me, today.

*Listen to and cry with others.* Some of your friends may surprise you with their interest in hearing your pain. A longtime friend called me from her van while on a road trip to cry and pray with me, something I’ll never forget. My soccer teammates phoned after a game I’d missed and sent me tearful and soothing team energy. A work colleague I barely knew brought a book of poetry about loss and wept with me in a staff lounge.

*Be honest about your needs.* When someone asks how they can help, tell them, and you will both benefit. If you’re not sure what you need, as I was, suggest they check back in a few days or weeks when your needs may be clearer.

*Recognize the variations in grief responses.* You may be more proactive and public in your grief trail than, say, your partner or other family members who prefer to process their feelings more quietly or inwardly. Each path is worthy.

## **In the First Few Months**

*Appreciate every effort by friends or family to support you, even those that seem odd or clumsy.* Trust good intentions! Recognize that your friends and acquaintances are in shock and in new territory, too. In a 2009 essay for the *Compassionate Friends* magazine, I described returning to work and feeling like a middle-school student when I’d walk by a group of people who were self-conscious about my presence. I eventually found it helpful to approach people by saying, “Thanks for your support after our family’s loss,” and this seemed to open a meaningful exchange.

*Find ways to hold dear the memory of your lost grandchild.*

After losing Ella in October, I commissioned a friend who’s a jewelry artist to help me design sweet talisman charms for our family members as the December holidays neared. This charm remains on my keychain where I feel its warmth daily.

*Follow the trails of others who’ve navigated similar losses.*

Look for the tracks others have made on their grief journey by reading articles and books, joining online forums devoted to child loss, perhaps sharing these with family members.

*Cherish your living family.* This may seem obvious, but it helped me to remember how healthy, happy, and well-supported we are as an extended family.

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*Resume or develop a few physical and activities that bring you joy.* Your heart is a muscle. Keep it strong. By resuming my love of soccer, cycling, and walking, my heart became stronger.

## In the Following Years

*Find ways to share your story.* Elie Wiesel notes, "Whoever survives the test must share his story. That is his duty." Writing appeals to me as a way of processing experiences and telling my story. So I joined a creative writing group and wrote a personal essay about losing Ella. This was a giant step on my grief trail. In the group were several adults who'd experienced recent loss, eager to provide feedback about my writing.

*Participate in meaningful rituals initiated or accepted by those closest to the loss.* After a year, our families came together for a meal and remembrance of Ella's birthday in the home where Ella would have grown up, with colorful flocks of paper cranes, lovingly folded by relatives and friends, hanging in every corner. After a meal, we watched Ella's mom and dad plant a maple tree in the yard to remember their first child. On future anniversaries of their loss, they return to a special place near the ocean to remember Ella and appreciate each other and their now five-year-old son, Leo.

*Create ways to remember your grandchild in your own community.* We live 90 miles from our son and daughter-in-law. So we placed an engraved brick in a local labyrinth where we spend a few hours each October 4<sup>th</sup> remembering "Ella Hoelscher, Leo's Sister." When we heard our small local library needed children's furniture, we funded some colorful children's chairs in Ella's honor. Ella's brother Leo (now 5) uses them when he's in town.

*Honor the baby.* We talk about Ella at family gatherings, bring her candle to family functions, and talk about her being with us in our family gatherings. To the right of my desk hangs a small wall calendar from October 2006, marking the end of a dream. Somehow this marker keeps me in touch with Ella and the dreams we are building with our second grandchild.

Indeed, the first days, weeks, months, and years following a tragic loss offer both challenge and opportunity to grow through grief.

In her wisdom, George Eliot spoke eloquently about the power of moving through grief: "She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts."

With hope comes healing. Together we look to the future with courage, strength, and resiliency.

This is my message of hope for you.

***Karen Hoelscher is a teacher and writer in Bellingham, WA. She is the proud grandmother of Ella Sophia (stillborn, October 2006) and Leo Anthony (July 2008) who calls her "Yeah Yeah."***

## Donations With Love



United Way



Jeffrey George and the Boeing Company

## P.S. NEWSLETTER/SUMMER 2013

# New P.S. Volunteer: Alison Furtwangler

Nice to meet you, I'm Ali! I live in Sammamish, WA with my loving and supportive husband, old but seemingly un-so dog, sneaky cat and two children. My first child, Zachary, unfortunately is only with us in spirit as he was stillborn at 20 weeks on 11/10/11. But he most definitely is still with us as we live our lives day-to-day. We were blessed with a healthy and very lively little girl, Vivian on 12/11/12. She is the light of my life and continues to bring joy and hope into our lives everyday. A few months after Zachary was born, I found myself very regularly at the Overlake P.S. Group. I made close connections with the people I met and have found a lot of peace being so involved with the group. Last summer, Cami, the facilitator at the Overlake group, inquired about my interest in facilitating too - I am very open and not afraid to ask hard questions and bring up hard topics so I think that Cami saw that in me which is helpful for a support group. I wanted to get more involved in memory of Zachary but wasn't sure how with a newborn—then I found out they'd need some help with the Facebook page and website which is right up my alley! So here I am. So proud to be part of this amazing and wonderful organization that no one really *wants* to be a part of... I'm sure you know what I mean. To get to know me better, check out my blog at [www.lifeunderthestars.com](http://www.lifeunderthestars.com).



## Find us online:



### Like P.S. on Facebook.

Introduce yourself, share memories or thoughts about your babies, and find information about upcoming events. Visit [www.facebook.com/psofpugetsound](http://www.facebook.com/psofpugetsound) or go to our website at [www.psofpugetsound.org](http://www.psofpugetsound.org) and click on the Facebook icon to be taken to the P.S. page.

### Visit the P.S. website.

Read stories from members, find support resources, look up meetings on the calendar and more! Visit the website today at [www.psofpugetsound.org](http://www.psofpugetsound.org). You can even donate now on the website—click on the “Giving Back” tab and then “Donate” button. Send the link to your friends and family!

# July Forget Me Nots

**GEORGE M. OGALA**

7/31/12  
Sylvia M. Konchellah

**ZANE SAMUEL FECHT ABBOTT**

7/22/02  
Tina M. Abbott & Debra Fecht

**MICHAEL ANTHONY BAINS**

7/19/95  
Elizabeth & Raj Bains

**KATHERINE ADELAIDE BISHOP**

7/3/03  
Sara & Matt Bishop

**BRIAN CLEAVES**

b. 7/3/03 d. 7/5/03  
Robin & Al Cleaves

**TREVOR JAMES COOK**

7/30/86  
Christy & Mark Cook

**JASON CALEB DOLLEMAN**

7/26/78  
Dorreen & Bill Dolleman

**DEVON CORNELL-DRURY**

b. 7/23/98 d. 7/23/98  
Peter Drury & Diane Cornell

**NICOLE FARMER**

7/17/02  
Gloria & Steve Farmer

**MERCEDES ELISABETH GRANT**

7/18/94  
Cathie & Jeff Grant

**ZACHARY HOSKINS**

b. 4/25/04 d. 7/3/04  
Jeffrey & Elizabeth Hoskins

**ADDISON KAY HUGHES**

b. 7/28/08 d. 9/3/08  
Christopher & Danielle Hughes

**AARON RAY JOHNSON**

7/16/00  
Ed & Lisa Johnson

**ZOE LEISMER-KNIGHT**

b. 7/25/11 d. 7/25/11  
Robynne Knight

**ANNA FRANCIS JOHNSON**

7/15/05  
Susanne & Peter Johnson

**LILIANA JONES**

7/5/07  
Angela & Brandon Jones

**SEAN ANTHONY KAELIN-STEED, Jr.**

7/3/01  
Rachel Kaelin & Sean Steed

**WALKER KIMBERLEY**

7/5/09  
Ashley & Tyler Kimberley

**BABY LACY-ROBERTS**

7/21/02  
Karen & Doug Lacy-Roberts

**CHARLOTTE LINDQUIST**

7/19/02  
Brian & Elizabeth Lindquist

**KAITLYN GRACE MALM**

b. 7/17/06 d. 7/18/06  
Michael & Nikki Malm

**DAVID NATHANIEL MILLER**

b. 7/9/97 d. 7/14/98  
Tim & Shannon Miller

**KRISTIN NOELLE PELTIER**

b. 7/12/01 d. 7/17/01  
Jessie & Lacey Peltier

**ISABEL JOYCE PILIAVIN**

7/8/98  
Therese Joyce & Neal Piliavin

**MERCEDES MARIE PLUMMER**

b. 7/17/08 d. 9/1/08  
Casey Riggs & Dan Plummer

**RAVEN WILEY PRIDE**

7/20/08

**SEAN THOMAS LEE**

7/28/10  
Sheila Lentz & Thomas Lee

**ALEXANDER MASON REYNOLDS**

b. 7/6/02 d. 7/10/02  
Elisha & Vince Reynolds

**EDWARD GEORGE (TEDDY) RICARD**

7/18/03  
Erik & Ann Marie Ricard

**RILEY COLIN AUSTIN RIGGS**

7/2/94  
Tamara & Craig Riggs

**CARL DE JESUS ROBINSON**

7/29/03  
Riza de Jesus & Fred Robinson

**BABY ROSS**

July 2001  
Ann Heneghan & John Ross

**STACEY SCUDERI**

7/16/96  
Shelley & Michael Scuderi

**SAMUEL TYCE UNDERWOOD**

7/22/02  
Jodie & Todd Underwood

**CALE DOUGLAS JOHN VERITY**

b. 6/30/00 d. 7/6/00  
Bryan & Michelle Verity

**KEEGAN MACKENZIE WHALEN**

7/7/97  
Gina & Ken Whalen

**MARIAN RUTH WILSON**

7/29/86  
Ann & Jack Wilson

**MADLYNN GRACE HUNTER**

7/16/10  
Arthur & Christina Hunter

**ZOE AMARA**

7/25/2011  
Robynne Knight

**VIVIANA FRATANGELO**

7/29/2011  
Kelly Martin & Jack Fratangelo

**GABRIEL CHARLES STOWELL**

7/20/2011  
**NATHAN HUDSON STOWELL**  
7/20/2011  
Angela & Ethan Stowell

**ISAIAH DUANE SMITH**

7/24/2008  
Duane & Abbie Smith

**SEAN THOMAS LEE**

7/28/2010  
Sheila Lentz & Thomas Lee

**ZOE LEISMER-KNIGHT**

7/25/2011  
Robynne Knight

**BABY HEIDECKER**

7/20/2012  
Amanda Heidecker

# July & August Forget Me Nots

## JULY (Cont...)

### REESE ANTHONY FAIRBANKS

7/15/11

Amber Reese

### SAHARA ROSE WOODHAMS

b. 6/23/13 d. 7/18/13

Holly Woodhams

## AUGUST

### ETHAN JEREMY EDWARDS

b. 8/15/10 d. 8/12/10

Jeremy & Briana Edwards

### WILLIAM JOSEPH BRENNAN

8/25/01

Melanie & Robert Brennan

### CAROLINE ANN CARRIS

8/8/06

Cami & Michael Carris

### NOVA CHAPEK

b. 8/21/08 d. 10/16/08

Kabran & Drie Chapek

### DEVIN CLARK

b. 2/20/01 D. 9/22/01

Daryl & Mealea Clark

### CORBY RAY COLLINS

b. 8/7/01 d. 8/31/01

Dan Collins & Nicole Poirier

### SHAUN DAVIS

8/24/90

Megan & Bill Davis

### JONATHAN DEMARS

8/88

Eileen DeMars

### AVONLEA RAIN EERNISSEE

8/22/95

Amy & Daniel Eernissee

### HENRY HUFFMAN

8/12/06

Shelly & John Huffman

### DANIEL CORBIN SCHERMAN FRALICK

8/29/00

Kurt & Lee Ann Fralick

### BABY LITZ

8/4/00

Charles & April Litz

### LEAH MALONEY

8/6/00

Joe & Lynn Maloney

### BRENDAN MICHAEL MINEA

8/17/98

Michael & Merideth Minea

### NATALIE KOROTKIN MINTZ

8/11/99

Beth & Adam Mintz

### THEO OWENS

8/20/86

Cheryl & Jon Owens

### MADELYN ELAINE PARISH

b. 8/6/08 d. 8/7/08

Alan & Michelle Parish

### RILEY COLIN AUSTIN RIGGS

b. 7/2/94 d. 8/4/94

Tamara & Craig Riggs

### JAIDEN JAMAE SWANSON

8/22/07

Dean & Rod Swanson

### HOPE ANN VOELK

8/2/98

Beth & John Voelk

### EMILY CLAIRE WALLACE

8/6/03

Jennifer & Paul Wallace

### FAITH ANGENI WOLF

b. 8/22/02 d. 8/22/02

Brenda Anderson (Wolf)

### SAMUEL ISIAH

8/27/2010

Sherri & Pete Armendariz

### ETHAN JEREMY EDWARDS

b. 8/15/10 d. 8/12/10

Jeremy & Briana Edwards

### ALIYA AMY & BENNETT PAUL LAGERQUIST

8/5/2011

Amy Branscome Lagerquist



**Safe Arrivals**

We have great news! We welcomed a healthy baby boy into our family! He looks so much like his big brother who we only had in our lives for 9 days. We are all over the moon, though a bit weary eyed!

**Elijah Anthony Harris**  
**June 6, 2013**  
**19 inches, 7lbs, 0ozs**

Angels:  
Joseph Anthony Harris  
10/4/04 - 10/13/04

Sophia Grace Harris  
3/16/10 - 3/21/10

Parents:  
Joseph & Sarah Harris

# September Forget Me Nots

**MIA SMITH**

9/8/2010  
Duane & Abbie Smith

**BENNETT CARLTON MOREA**

b. 9/10/12 d. 9/12/12  
Nathan & Karin Morea

**AIDEN JOHN HUNTLEY**

9/1/2011  
Beth Dietzel & Bill Huntley

**ARTHUR JOHN LONDROCHE**

9/24/2011  
Ashley & Kevin Londroche

**SWEET BABY SPENCER**

9//3/2010  
Jamie Randall & Shane Spencer

**HOPE MARIE COON**

9/4/00  
Scott & Darcy Coon

**SIDNEY DAVIS**

9/23/94  
Bill & Megan Davis

**ROBERT ALAN DIETRICH, JR.**

9/5/00  
Robert & Selma Dietrich

**DAGNY HAN DONHOFF**

b. 9/12/08 d. 11/17/08  
Joanne & Dan Donhoff

**IAN CHRISTOPHER DUNCAN**

9/27/07  
Sarah Duncan

**BABY "HOPE" ELLIOTT**

9/13/08  
Abby & Cameron Elliott

**RHEANNA LOUISE FLANARY**

b. 4/1/04 d. 9/24/04  
Rhea Peterson & Derek Flanary

**SERFIO RAMON FLORES**

9/15/00  
Angela & Michael Flores

**JARED ANDREW FLOWERS**

9/6/93  
Staci, Mike, Michael, Kevin , Eric Flowers

**BABY FRECKELTON**

9/2/99  
Mark & Tracy Freckelton

**CLAIRE BEI BEI HABER**

b. 1/3/00 d. 9/30/00  
Kim Haber

**JEREMIAH LEE HECKLER**

9/23/02  
Jeremy & Dawn Heckler

**MICHAEL DONNER HINKLEMAN**

9/21/93  
Sarah & Mark Hinkleman

**MG (MIRACLE GIFT) HORNE**

10/25/00  
Neil & Danelle Horne

**AMY KATRIN KNOLL**

9/14/82  
Mary & Paul Knoll

**BABY LACY ROBERTS**

9/21/01  
Doug & Karen Lacy-Roberts

**KALENE LUPER**

**JENNIFER LUPER**  
9/14/93  
Joy & Raymond Luper

**JONATHAN BRYCE MAY**

9/22/04  
Kara & Jeffrey May

**DAWN MEAD**

**SHANE MEAD**  
9/19/87  
Marlene and Gene Mead

**CONNER WALLACE NELSON**

9/1/96  
Marie & Eric Nelson

**MEGAN MARIE NIKODIM**

9/13/05  
Louis & Danyell Nikodim

**BABY NOUWENS**

9/5/97  
Angie & Mike Nouwens

**RAGAMUFFIN OSBORN**

9/1/91  
Linda & Chris Osborn

**GRACE OLA O'BRIEN PANG**

9/17/08  
Chelsea Pang

**EVAN AMIR POURARIEN**

b. 9/7/07 d. 9/23/07  
Christina & Cody Pourarien

**MATTHEW JOSEPH RUNTE**

9/28/89  
Gloria & Joe Runte

**BRIDGET SHAW SOMERS**

b . 9/28/04 d. 9/30/04  
Brenda & Greg Somers

**JOHN ROBERT GLAUB SPRENCER**

9/23/06  
Amy & Kees Sprencer

**KILEY SAVANNAH PANIAGUA STUCK**

b. 9/12/08 d. 9/12/08  
Sonja Paniagua & Dan Stuck

**ANGEL SUGI**

9/16/01  
Eiji & Leigh Sugi

**ANGEL KELLEY TURNER**

9/10/95  
**BENJAMIN JACKSON TURNER**  
9/11/95  
Cinda Kelley & Stacy Turner

**THOMAS ANTHONY YEAGER**

9/12/08  
Rachael & Dan Yeager

**SASHA ADLER-RAFF**

9/23/95  
Karen Raff & Larry Adler

**CHARLIE ALLAN**

**JACKSON DECATUR ALLAN**  
b. 9/1/07 d. 9/1/07  
Nathan & Casey Allan

**TAYLOR ALAN AMUNDSON**

9/25/97  
Victoria & Eric Amundson

**CONNOR MICHAEL BARRINGER**

9/10/04  
Kim Barringer

**KIMBERLY RENAE CAMERON**

9/25/91  
Veronica & Doug Cameron

**GREG MICHAEL ARNITS JR.**

9/20/09  
Greg & Rebekah Arnits

**SEBASTIAN TANG**

9/08/11  
Christine & Michael Tang

## P.S. NEWSLETTER/SUMMER 2013

# Parent Support Updates



*First of all, I'd like to thank Therese Joyce for her numerous years of service to the Parent Support organization. Therese was the Newsletter Editor before me for 12 years, and has also served in President and Administrative roles with the organization most recently. Therese has been a mentor to me in the organization, and I thank her for all her hard work and service. As she has recently relocated to the East Coast, we will miss her but her contributions to P.S. will not be forgotten. Thank you, Therese!*

*I also want to welcome our new website administrator and Facebook community manager, Alison Furtwangler. Alison has served in a backup facilitator role at the Overlake Support Group, and now has graciously volunteered to take on website and Facebook updates. To read more about Alison and her story with P.S., see page 5. Welcome, Alison—we are glad to have you on the team!*

*As many of you know, P.S. sent out a letter earlier this summer expressing the organization's need for leadership in the form of a President and Vice President and other Board members. I have received multiple responses to this letter and am encouraged by these. We hope to have some news in the upcoming editions about this following the next board meeting.*

*And finally, on a personal note, this is a particularly sweet edition for me as my mother-in-law wrote an article about my angel baby Ella Sophia. As I write this note, it brings back feelings of sadness, but also feelings of gratitude for the family I do have here—my wonderful husband, loving five-year-old boy, and supportive parents and in-laws. And of course, love to my angel baby Ella. Always & forever.*

—Jill Hoelscher, P.S. Newsletter Editor

## Got a minute?

**P.S. needs your email addresses so we can keep you up-to-date with events, meetings, and more! Please send me a note at [psnewslettereditor@hotmail.com](mailto:psnewslettereditor@hotmail.com) if you are interested in being on our email list. Thank you!**



As always, Poetry, announcements, your P.S. story, your baby's name, safe arrivals, and other newsletter submissions gladly accepted. Your input is greatly appreciated and needed to create the newsletter. Also, please note that the articles in the newsletter are yours—written by you—and do not necessarily express the views of the organization. To submit:

**MAIL:**

P.S., P.O. Box 1912, Bothell, WA 98041

**E-MAIL:**

[PSnewslettereditor@hotmail.com](mailto:PSnewslettereditor@hotmail.com)

# P.S. Officers

## President

*Position currently open*

## Vice President

*Position currently open*

## Secretary

Heather Kahan, 425-443-3464

## Treasurer

Rosa Cox

## Website & Facebook Manager

Alison Furtwangler

## Newsletter Editor

Jill Hoelscher

## Printing, Mailing & Publications

John & Donna Benson

(425-415-6118 for newsletter copies)

## Members at Large

Liz Allen, Shelley Scuderi

## Consultants

Kathleen Albin

# Monthly Support Group Listings

• **SEATTLE:** Children's Hospital 7:30 p.m., First Thursday. Rm G-1026, Giraffe Entrance, follow signs.

• **Contact:** Sanjay Rad at sanjayrad@gmail.com.

• **SEATTLE:** Pregnancy After Loss Group. Children's Hospital, First Wednesday. Rm G1027, 7:30-9:30

• p.m. **Contact:** Jennifer Howard-Kicinski at 206-227-2207.

• **OLYMPIA:** Providence St. Peter Hospital, 7:00 p.m.-8:30 p.m. Second Thursday. Check main lobby for

• room information. **Contact:** Spiritual Care Office or Doug and Karen Lacy Roberts at 360-534-0192.

• **OLYMPIA:** Pregnancy After Loss Information. **Contact:** Kirsten at 360-923-0344.

• **EASTSIDE:** Overlake Hospital 7:00 p.m. Third Thursday of every month. PACCAR Education Center.

• **Contact:** Cami Carris at 425-277-9494 or camicarris@hotmail.com or Alison Furtwangler at

• alifurt@live.com.

• **EVERETT:** Providence General Medical Center, 7:30 p.m., Second Thursday. **Contact:** Ann Wilson at

• 425-258-6106.

• **AUBURN:** Auburn Regional Medical Center, Cardio Pulmonary Rehab Classroom, 7:00 p.m., First

• Wednesday. **Contact:** Wendy/Guy Thomas at 253-863-1791 or Michael Scuderi at 253-373-0297.

• **WHIDBEY ISLAND:** **Contact:** Phone support only—Jolene Weaver at 360-331-5495 or 425-319-8695.

• **TACOMA:** **Contact:** Phone support only—Robb or Sara at 253-238-3474.

• **EDMONDS:** Stevens Hospital, third Wednesday from 7:00 p.m.-9:00 p.m., third floor conference room.

• **Contacts:** Kathy Albin, Bereavement Coordinator, at 425-640-4404 or Jolene Weaver at 360-331-5495

• or 425-319-8695.

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