

P.S. Newsletter

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

Winter 2013/ Volume 34, Issue 13



You are parents

Editor's Note: I'm putting the Mother's and Father's Day article in earlier this year to help you plan for these upcoming days. As always, please let me know how I can make the newsletter helpful for you.

*"Suggestions for a Well-Deserved Day"
Reprinted from the Share Newsletter
Written by Cathy Lammert*

Often times Mother's Day and Father's Day are two of the most difficult days for bereaved parents. Some have told me that these days are so painful that they are not able to even acknowledge it for their own mom or dad, and they celebrate with their parents on a different day. Over the years, parents have looked at me with tear-filled eyes and asked me "Am I really a parent if my baby is not here with me?"

I equate parenthood with love; the greatest kind of love. Does love stop when a baby dies? Of course not! You will always be your child/ren's parent. No one can take this role away from you.

You may question whether you have the

right to celebrate or be remembered on these days, but a parent's love needs to be acknowledged and celebrated.

If you can't imagine joining the rest of the world in the typical activities of celebration, do something different or not at all. But also know, that even without your precious baby in your arms, you are parents and parenthood can be celebrated as you choose. Whatever you choose to do on these days, know that it is okay if it feels right to you.

The following suggestions are some ways to celebrate your parenthood on these difficult days:

1. Acknowledge that you are parents.
2. Be gentle with yourselves. Do only what you can handle. Acknowledge that this day could be difficult and determine how you can comfortably spend the day.

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P.S. information line:

206-782-0054

P.S. website:

www.psofpugetsound.org

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3. Alert yourself to the most difficult challenges of the day, such as attention given to moms and dads at church. Some parents have talked to their clergy about the importance of recognizing all parents at these celebrations and have benefited from sharing.

4. Family gatherings may make you feel uncomfortable. Discuss this with your family and let them know that you appreciate their love and support, but that you may not be able to attend or manage your composure throughout the entire day. Assure them that these feelings will not be forever.

5. Plan ahead. Waiting until the last minute can cause frustration and hurt feelings.

6. Share with family and friends how they can help make your day a special one. Sometimes they need specific suggestions, such as sending you each a card, flowers or a donation to Share or another favorite charity in your baby's name.

7. Treat yourselves with a special gift, an outing, or flowers. Send each other cards for these special days.

8. Remember your baby by lighting a candle, placing a rose on the altar or dinner table, or planting a tree or bush.

It is important to tell others what you need. Do not assume that everyone will be aware of how you are feeling on these days. Being aware in advance that certain situations may be difficult, such as family gatherings or church services, allows you the opportunity to plan accordingly.

If you've been asked to do something that makes you uncomfortable, listen to your heart. For some, spending the day in bed with the covers pulled up, or on the couch watching movies, might be the right thing. Be sensitive to your own feelings and needs, and above all, know that you are parents.



Are you social?



Like P.S. on Facebook.

Introduce yourself, share memories or thoughts about your babies, and find information about upcoming events. www.facebook.org and type in the search space: P.S. Pregnancy and Infant Loss Support or go to our website at 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.

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How many?

Once I became very obviously pregnant with my "rainbow baby", people had no hesitation about asking all sorts of pregnancy related questions. The worst is the "how many" conversation. It basically goes like this:

Person: Oh! You're pregnant, congratulations! How exciting!

Me: Yep, nearly there.

Person: Is this your first? [or "Do you have any other children?" same thing]

Me: [thinks: do you really want to know?] She will be our first living child and lots of people are excitedly anticipating her arrival.

Person: Oh. [thinking about it....click] Ooooh. [hurry change topic] You are going to want to get some sleep now while you can!

Me: Yep.... [done talking to whoever this may be]

Such a simple question is so very complex after you've lost a child. It's amazing really. I simply could not say that this little miss would be my first.

Being the first implies so very much that she just isn't. Saying that she is the first deletes my son, Zachary, from my life and our story and that is not possible. So no, it's not really just a question about how many children we have but what experiences we've gone through--what advice do/can they give me? Luckily my answer usually tends to limit the unwanted advice.

And you know what, I didn't generally want the first time mom advice from strangers since there truly are so many firsts that I already had and even though they will be entirely different with little miss and someone else might want to belittle my experience, I cannot and would not let them.

This will not be my first time laboring, first time holding my baby, first time with many sleepless nights after the birth--albeit for very different reasons, but still people don't consider that aspect which is another reason I just want to smack people who would tell me to "sleep now while I can". I'd rather have endless sleepless nights with a healthy child than insomnia and crying spells because my baby died.

So she just isn't my first. She is my third pregnancy and hopefully first living child. Don't expect me to say otherwise. Maybe when she is here I won't have the strong desire to share she is not my first or only child but I will see how I feel once she is here. I don't yet know what my answer will be then--when I have a living child.

Ali is the mother to her precious son, Zachary, stillborn 11/10/11 and at the time of this submission was anxiously awaiting her daughter's arrival (due 12/20/12).

P.S. See below for her safe arrival!



***Vivian Elise Furtwangler
12/11/12 at 8:10am
6 lbs 11 oz & 19 inches***

Marriages can survive the loss of a child

By Sheri & Bob Stritof, *About.com Guides*

Reprinted from <http://marriage.about.com/cs/parenting/a/unthinkgrief.htm>

When people realize three of our children have died, we hear comments about how amazing it is that our marriage survived such a loss. We also hear dumb statements about how lucky we are to have four healthy kids and how our little ones are in a better place.

Realities

The reality is that our marriage survived these heartaches because we worked really hard to make sure the two of us would be okay. The reality is that having surviving children doesn't lessen the pain of losing children. The reality is that I don't care where they may be in the after life, I would prefer to have our babies with us.

Talk to one another

- Don't ignore or try to bury your feelings. The death of a child will leave you feeling weak and dazed and in shock. You may find yourselves feeling alone and sullen.
- It is vital that a couple who has lost a child communicate their feelings with one another. Share your feelings of helplessness, confusion, anger, depression, pain, guilt, fear, and even hate.
- Learn and understand the stages of death and dying. Don't allow yourselves to get stuck in one of the stages. If you find your spouse becoming aloof, or if disharmony begins to get more intense in your relationship, seek counseling. Don't try to get through this alone.

What to do for grieving parents

If the two of us appear to be defensive ... it is because we are defensive. We cringe when we hear what some people say to grieving parents. They have enough to cope with. These couples don't need to deal with hurtful remarks.



If you don't know what to say, then don't say anything. Just give them a hug. Let them know you are available to listen and that you care.

Studies and statistics about grieving parents

There are many who believe that there is an extremely high divorce rate (80-90%) when a couple loses a child. Those claims are based on statistics from a study done by Teresa Rando in 1985. ('Bereaved parents: particular difficulties, unique factors, and treatment issues', *Social Work*, vol. 30, p. 20). In 1999, another survey entitled *When a Child Dies* was conducted by The Compassionate Friends organization.

The results about newly bereaved parents didn't match the earlier findings. It is clear that although couples experience great stress, their marriages aren't destined to fall apart. "Overall, 72% of parents who were married at the time of their child's death are still married to the same person. The remaining 28% of marriages include 16% in which one spouse had died, and only 12% of marriages that ended in divorce ... Furthermore, even among the 12% of parents whose marriages ended in divorce, only one out of four of them felt that the impact of the death of their child contributed to their divorce."

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Issues couples may face

The first six months following the loss of a child is when the majority of divorces occur. Problems that couples often encounter while dealing with grief include:

- Lack of communication with one another.
- Disagreement on how to parent their other children.
- Being overprotective of other children.
- Whether or not to have another baby.
- Differences in how to grieve.
- Putting blame and guilt on self and/or on spouse.
- Turning to alcohol and drugs.
- Looking for someone or something to blame.
- One wants to talk about the deceased child, and the other doesn't.
- Wondering when and where and how to deal with a child's belongings.
- Decision about whether or not counseling is needed.
- Financial concerns.
- Turning away from one another.
- One spouse may tend to feel anger sooner than the other.
- One may tend to feel sadness sooner than the other.

•One may want to "do" something to make things right again.

•One may just want to "be."

•If a couple had problems before the child's death, those problems can become more difficult to deal with.

What we learned

The two of us learned that it was important to remember that life is precious. By being overprotective of our children and one another, we were cheating all of us out of life. We learned to accept that we couldn't always keep our children safe and that we couldn't be in total control of our lives. Bob learned that big boys do cry and that he didn't have to be the strong one or the one to tough it out. We have since tried to live our lives in the present moment.

There are no quick fixes

Although the first two years are the hardest, the pain is long-lasting. As the two of us were discussing writing this article, we found ourselves with watery eyes and getting emotional even though it has been many years since we lost Little Angel, Susan Sarah, and Teresa Rose.

Although it is important to accept your feelings, it is also important to get on with living your life each day and to not dwell on your grief. Find ways to laugh with one another. With your love for one another, you will weather this storm together.

Thank you for your donations!

 *The Boeing Employees Community Fund*

 *Robert & Alice Frewing in memory of Ella Sophia Hoelscher*

 *Tami and Bruce Echigoshima*

 *John & Nicki Foran in memory of Raymond James Foran, b. 12/4/00 d. 1/13/01.*

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still born
still loved
G U I L D

HONORING THE LIVES OF
STILLBORN BABIES



A Seattle Children's Hospital Guild

Honoring the lives of stillborn
babies through advocacy,
awareness, and support.

Tickets are on sale at: www.stillbornstillloved.org/wine
To find out more about our guild contact Ashley at
ashley@stillbornstillloved.org

YOU ARE INVITED
TO THE GUILD
WINE TASTING &
AUCTION TO
BENEFIT GAPPS.
SUNDAY, MAY 19 AT
HOTEL MONACO.



SWIRL
SIP &

I want you here

*At night I dream
of you lately*

*Your still and sweet
newborn body
with me
swaddled gently*

*I gaze and kiss
your perfect head*

*We stroll around
Cherishing you*

*Proud of my three
You are dead but
with me
I can hold you*

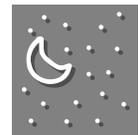
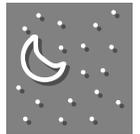
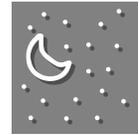
*I awaken
and try to dream*

*I wander lost
missing my son*

*Grieving the boy
growing up in
my mind
a toddler now*

*Even though dead
I want you here.*

Ashley Kimberley, Walker's mom,
www.BabyWalkerKimberley.blogspot.com.



Eat. Run. Hope.

Second Annual Food & 5K Event for Fetal Health

Date & Time: Sunday, April 14th 2013 at 11:00AM

Distance: 5 Kilometers (Walk or Run)

Location: 5902 Lake Washington Blvd S., Seattle, WA

Presented by *Ethan Stowell Restaurants*
& *Eastside Maternal Fetal Medicine*

Visit <http://www.ethanstowellrestaurants.com/eatrunhope/> for
more information and to register for the event.



eat run hope

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Groundbreaking National Research Study Launched to Identify Risk Factors for Stillbirth

Reprinted from the First Candle website, January 7, 2013

Read more about the study at <http://www.firstcandle.org/2013/01/07/groundbreaking-national-research-study-launched-to-identify-risk-factors-for-stillbirth-your-action-is-needed/>

The Study of Trends and Associated Risk Factors for Stillbirth (STARS) study will confidentially collect information from mothers who have experienced a stillbirth, as well as mothers who have delivered living children, to identify differences in their prenatal experiences and observations. The goal of STARS will be to provide information that will direct future stillbirth research efforts to develop preventive strategies for late-term stillbirth.

The study is looking for participants who:

- have experienced a stillbirth
- are at least 28 weeks pregnant now
- have delivered a baby in the last three weeks

Action for Stillbirth Awareness and Prevention (ASAP)

ASAP is a coalition being developed to bring together individuals, medical professionals, associations and others interested in stillbirth to support the creation of a unified, focused national public awareness and education campaign. In the United States alone, nearly 26,000 babies are stillborn each year. Their parents' hopes and dreams for their family are shattered, often times without warning or explanation.

It is time that this "stillbirth epidemic" is recognized and addressed. Your show of support will provide compelling evidence to policy makers, government agencies and other funders that a comprehensive, multi-year awareness campaign is long overdue.

Learn more and register your support.

In addition to endorsing the STARS study, First Candle is recruiting supporters and participants for ASAP (Action for Stillbirth Awareness and Prevention), a coalition being developed to bring together individuals, medical professionals, associations and others interested in stillbirth to support the creation of a unified, focused national public awareness and education campaign.

Anyone who is interested in joining or supporting this effort, please [register and answer a few short questions](#).

First Candle is a national nonprofit organization dedicated to safe pregnancies and the survival of babies during the first years of life. With programs of research, education and advocacy, we are working to prevent stillbirth, SIDS and other causes of sudden infant death (SUID). At the same time, we provide compassionate grief support to all those affected by the death of a baby through a dedicated crisis hotline at 800.221.7437. For more information, visit www.firstcandle.org or call 410.653.8226.

The Star Legacy Foundation is a 501(c)(3) non-profit organization located in Eden Prairie, MN, dedicated to stillbirth research, education and prevention. University of Michigan # HUM63655.

January Forget Me Nots

RACHEL LYNN ABRAMS

b. 1/1/07 d. 1/17/07

Preet Mally & Juston Abrams

JOSIAH BENNETT ADAMS

b. 1/10/04 d. 1/25/04

Alice and Dave Adams

ZEPPA BOURNE AKELEY

b. 1/22/92 d. 1/22/92

Katy Bourne & Charlie Akeley

FRANK BOLTON BECHTHOLD

1/11/09

Meghan Bechthold

NATHAN JOSEPH BENSON

1/10/02

John Benson & Donna Petruzzi-Benson

KARINA JOY ANN BLEDSOE

1/1/03

Amy Bledsoe

BRAYDEN BORICHEWSKI

1/18/00

Joe and Shawna Borichewski

PETER JOHN BRILLAULT-KENNY

1/7/03

John & Jeanne Brillault-Kenny

GRANT ALAN CHANDLER

b. 1/3/98 d. 1/3/98

Kelly & Rob Chandler

BRANDON MICHAEL DOYLE

1/24/98

Jeannette & Michael Doyle

THING 1**THING 2**

1/3/11

Ryan & Erica Knapp

DANIEL CUTLER ELWELL

1/1/00

Bob & Kathryn Elwell

RAYMOND JAMES FORAN

b. 12/4/00 d. 1/13/01

John & Nicki Foran

ETHAN ANGEL FORBES

1/28/97

Cheryl & Tom Forbes

SAMUEL FREDERICK GLEASON

1/25/96

Susan Gleason

ISABEL JOY HADDOCK

1/19/99

Toye & Chuck Haddock

BENJAMIN JAMES HARBER

b. 1/8/02 d. 1/15/02

Krista Becker & Brian Harber

MALARIE ADDISON JENKINS

1/30/05

Steve & Rhonnda Jenkins

LISA MICHELLE LEWIS

b. 12/30/06 d. 1/6/07

Malinda & James Lewis

MATTHEW LUPER

1/6/92

Joy & Raymond Luper

ABIGAYLE CHRISTINE JONES

1/31/09

Arielle and Joshua Jones

THOMAS RAY STAFFORD

1/3/09

Hannah and Brent Stafford

BABY MATTSSEN

b. 1/23/06 d. 1/26/06

Kara Mattsen

CASEY ALAN OSBORN

1/28/91

Linda & Chris Osborn

BABY QUEREC (TWIN A)

1/22/09

Misty Saracino & Travis Querec

ANGELIQUE RENEE SCHERMERORN

1/29/98

LeighAnn & Ed Schermerhorn

ASHLEY ELIZABETH SCHLOTT**EMILY KAITLYN SCHLOTT**

1/20/96

Deborah Schlott

ERIC BRANDON SICKLES

1/8/92

Janet Sickles

ZACHARY TYLER SIMPSON

b. 1/2/92 d. 1/3/92

Kathy & Geoff Simpson

BABY SPARKMAN

1/18/99

Heather & Eric Sparkman

LILLIAN JEAN LONDROCHE

1/21/11

Ashley and Kevin Londroche

PEANUT ILER-GELTZ

1/28/10

Kurt and Cheryl Geltz

February Forget Me Nots

OLIVIA R. AMEND

b. 2/22/05 d. 2/22/05

Steve & Amanda Amend

DEVIN CLARK

b. 9/22/00 d. 2/20/01

Daryl & Mealea Clark

BABY DAHMAN

2/1/02

Fina & Mike Dahman

CHRISTESTELLE LE ANN FROST

2/1/76

Marie Frost

BRIAN MICHAEL HENNESSEY

b. 2/23/03 d. 4/26/03

JoAnne & Tom Hennessey

DEBRA SUE JOHNSON

2/5/92

Lisa Johnson

OSCEOLA MATTHEW JONES

B. 2/6/08 d. 9/27/08

Chris Jones

HARMONY KISSEL

2/19/05

Loretta Crawford & Scott Kissel

BABY LACY-ROBERTS

2/16/02

Doug & Karen Lacy-Roberts

OSKAR KICINSKI

2/11/09

Jennifer Howard-Kicinski & Kristian Kicinski

ELIANNA ZOE

b. 9/18/09 d. 2/21/10

Jaime & Paul Gerber

PACITA REGALO MAISANO-TORRES

b. 2/7/02 d. 2/7/02

John & Portia Maisano-Torres

COLIN MCIVER

TRISTAN MCIVER

2/1/09

Patrick & Jennifer McIver

RED NICHOLS

FRED NICHOLS

2/18/99

Kate & Fritz Nichols

BABY "T" PERANZI

2/19/05

Jennifer & John Peranzi

EMMA MARIE PHILLIPS

2/03

Eric & Yolanda Phillips

SARAH RAE SAMMONS

b. 2/11/82 d. 2/23/82

Bailey Sammons

VINCENT DEAN STEPHENS

b. 2/13/94 d. 2/18/94

Jennifer & Dean Stephens

KIERAN PHILLIPS STUART

2/27/07

Suzanne Phillips

CHRISTOPHER MICHAEL SWOLGAARD

RICHARD AARON SWOLGAARD

2/4/03

Fran Swolgaard

AARON PAUL DUNKLE

2/9/11

Lonnie & Susie Dunkle

CHRISTOPHER LEE TOWERS

2/11/93

Kristy & Rob Towers

SAMUEL JACOB WEAVER

2/9/03

Jolene Westphal & Derek Weaver

KASON RYLEE SMITH

d. 2/1/12 b. 1/26/12

Katrece Smith and Jason Smith



March Forget Me Nots

DANTE LEE JAMES WARREN DAVIS

b. 6/9/01 d. 3/7/02

Amanda & Daniel Davis

JESSICA MARY ELIZABETH DAY

3/14/91

Wendy & Steven Day

EMMA ROSE DUNCAN

3/6/05

Sarah Duncan

THOMAS BENJAMIN ELBERT

b. 3/28/95 d. 3/29/95

Steve & Mary Ann Elbert

JACOB EVANS

b. 3/6/98 d. 3/6/98

Shan & Rich Evans

TYLER STEVEN GIESY

b. 3/3/02 d. 3/6/02

JACK MICHAEL GIESY

b. 3/3/02 d. 3/5/02

Michael & Michele Giesy

WILLIAM KINGS GONZALES

3/16/01

Daniela Kings Gonzales & Joe Gonzales

ANGEL BABY 2 HECKLER

3/26/02

Jeremy & Dawn Heckler

PATRICK PRESLEY HILLOCK

3/24/98

BRYANT EDWARD HILLOCK

b. 3/25/98 d. 3/28/98

Peggy & John Hillock

KARL DAVID JACOBSEN

3/5/86

Perdis & Kurt Jacobsen

ANGEL BABY JOHNSON

3/21/05

Aaron & Jennifer Johnson

ASHLEY JOY JUDAH

b. 3/2/98 d. 3/2/98

SAMANTHA ANN JUDAH

b. 3/2/98 d. 3/21/98

Sam & Jill Judah

KRAMER LYON LAKE

3/9/93

Lori & Samuel Lake

MADISON ELAINE MCINERNEY

b. 3/13/02 d. 3/15/02

Krista & Brian McInerney

ADAM NEIL

b. 3/9/01 d. 3/9/01

Chris & Jenny Neil

NATALIE SCOTT

3/29/05

John & Valerie Scott

CHRISTOPHER MICHAEL SCUDERI

3/21/97

Shelley & Michael Scuderi

GABRIELLA YVETTE STACK (GABBY)

b. 3/3/09 d. 4/26/09

Sareamha & Timothy Stack

KYLE WAYNE STEBNER

3/28/00

Wayne & Maureen Stebner

AMELIA C. STEVENS

3/18/09

Caorey & Katlyn Stevens

SKYLAR-MACY MARION THAYER

3/17/89

Libby & Lee Thayer

CADEN LEE VATNE

3/17/03

Jason & Charvo Vatne

MARK DANIEL WOLF

3/7/01

Brenda Anderson (Wolf)

CHARLOTTE WALLACE WRIGHT

3/13/93

Deb & Jim Wright

CADEN MICHAEL HARRIS

3/31/10 - 4/25/10

Greg & Kate Harris

HOPE VAULE

3/22/09

Carlene & Joe Vaule

SOPHIA GRACE HARRIS

3/16/10-3/21/10

Sarah Harris

ALYSSA GRACE AHLSTROM

3/27/02

Eric & Carrie Ahlstrom

DENNIS ROBERT ALBENESIUS

b. 4/22/05 d. 4/22/05

Kristen & Rob Albenesius

LAUREN FAITH BAKER

3/25/01

Lucy & Scott Baker

AIDAN & GRAEME BALES

b. 3/12/09 d. 3/13/09

Mark & Jen Bales

BABY BRYANT

3/03

Jessica Bryant

HUGO SADI DAMAS

3/20/05

Christian & Hugo Damas

ASHLEY LOUISE DAVIS

3/10/87

HANSEL DAVIS

3/20/85

Megan & Bill Davis

DAVID BEELER

3/20/09

Michelle and Mike Beeler

Parent Support updates



It was another busy year for P.S. in 2012. Our support groups continue to run on a monthly basis in Seattle, Everett, Edmonds, Bellevue, Auburn, and Olympia. We also have a Pregnancy After Loss Group that meets monthly in Seattle. New facilitators will be trained this month to take over existing groups or as back-up facilitators. The new P.S. website was launched last year and it is a great resource. Our Facebook page is also active and provides up-to-date information.

We have also started collaborating with other organizations (Gapps, the Stillborn, Stillloved Guild, and the Tears Foundation). Some P.S. families participated in a video on stillbirth, produced by GAPPS, which can be seen on our website, www.psofpugetsound.org.

Our annual Walk to Remember in October, the ornament painting event in early December and our holiday candlelight service brought P.S. parents together for sharing and support.

We are still developing our board and looking for new board members. If you are interested, please contact Therese Joyce at theresejoyce@hotmail.com. As always, we welcome your input and feedback on any and all things pertaining to P.S.!

Finally, a big thank you to Jill Hoelscher, our newsletter editor, and to John and Donna Benson, our mailing list coordinators, who make sure the newsletter gets out to everyone on our mailing list.

Therese Joyce
February 2013

NEWSLETTER SUBMISSIONS

Poetry, announcements, your P.S. story, 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.

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E-MAIL:

PSnewslettereditor@hotmail.com or jille-hoelscher@hotmail.com

P.S. Officers

President

Position currently open

Administration

Therese Joyce, 206-325-4001

theresejoyce@hotmail.com

Vice President

Position currently open

Secretary

Heather Kahan, 425-443-3464

Treasurer

Shelley Scuderi

Printing, Mailing & Publications

John & Donna Benson

(425-415-6118 for newsletter copies)

Member at Large

Liz Allen

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.

• **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.

• **PUYALLUP:** **Contact:** Stacie Shockey at 253-576-5884 or stacie.shockey@goodsamhealth.org.

• **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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