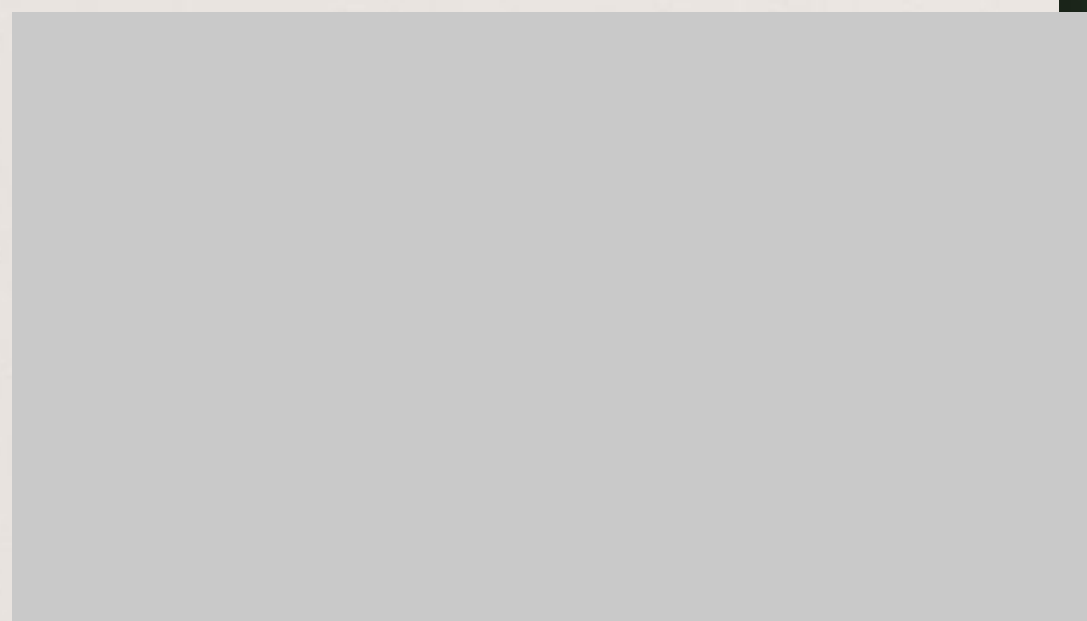
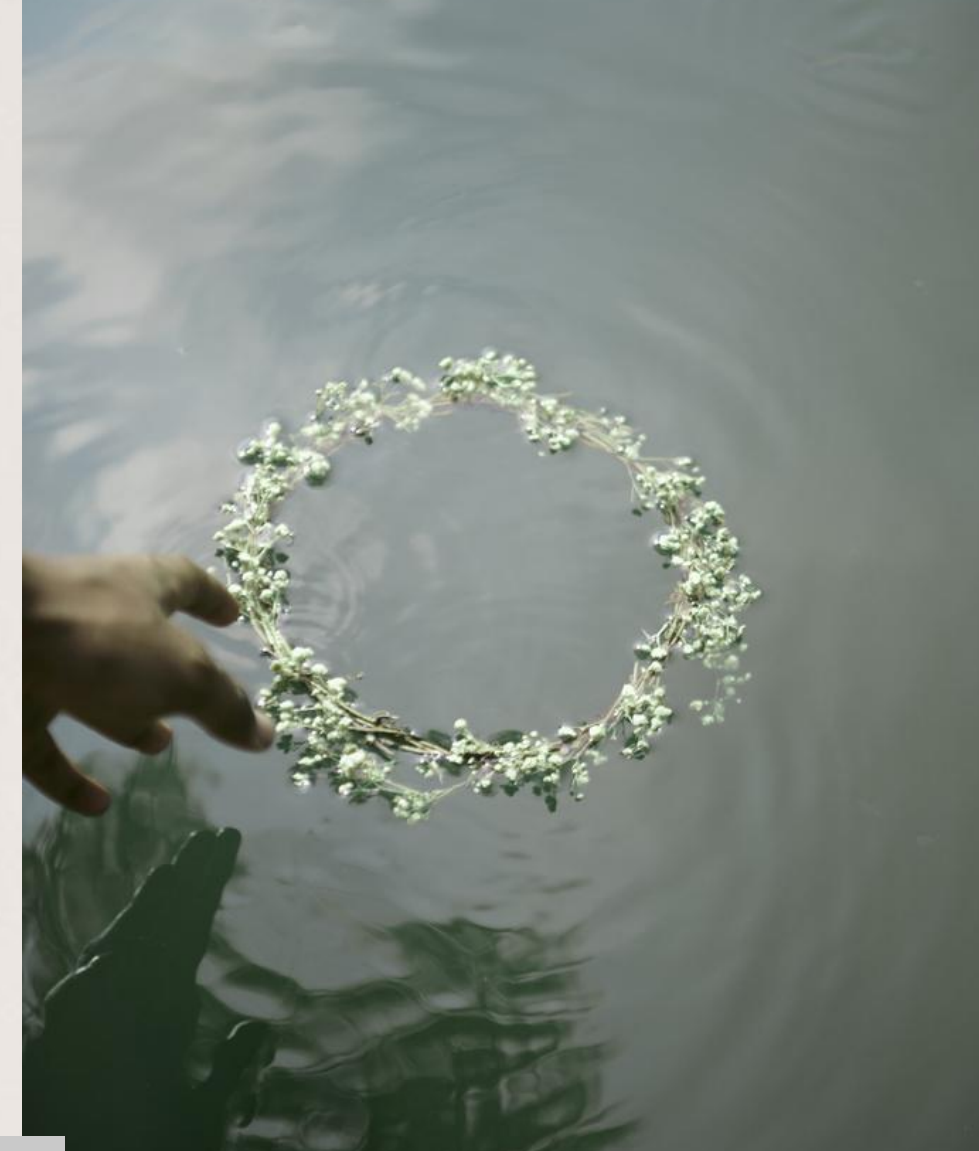


Welcome & Grounding

You are welcome here.
However you come,
However you cope.



Grief is the proof that love is still there Tessa Shaffter



Breathing exercise and arrival moment



Understanding the Landscape of Loss



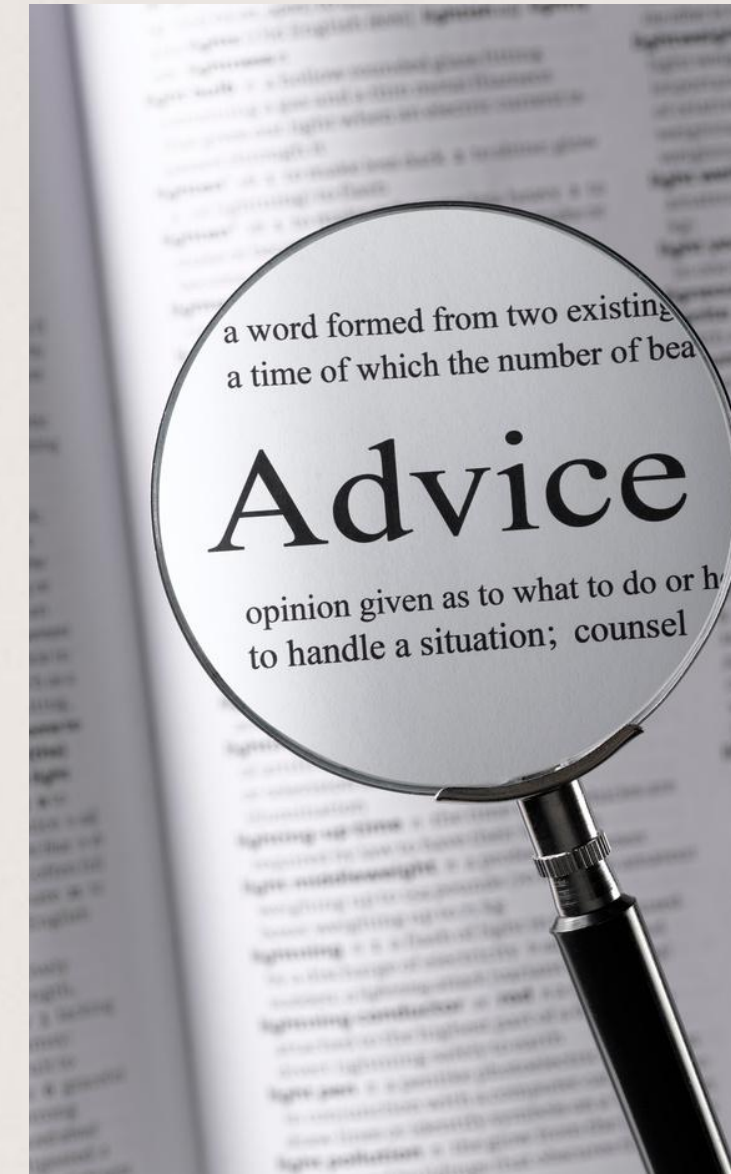
- Uniqueness
- Disenfranchised grief
- Common misunderstandings
- Continuing bonds



"There is no footprint too small to leave an imprint on this world"

Interactive

Rollercoaster Heard or Felt?



Video: Return to Zero: HOPE- Breaking the Silence



✿ honoring what was lost

Write a few lines beginning

What I wish others knew about this loss is...

One thing I carry with me still is...

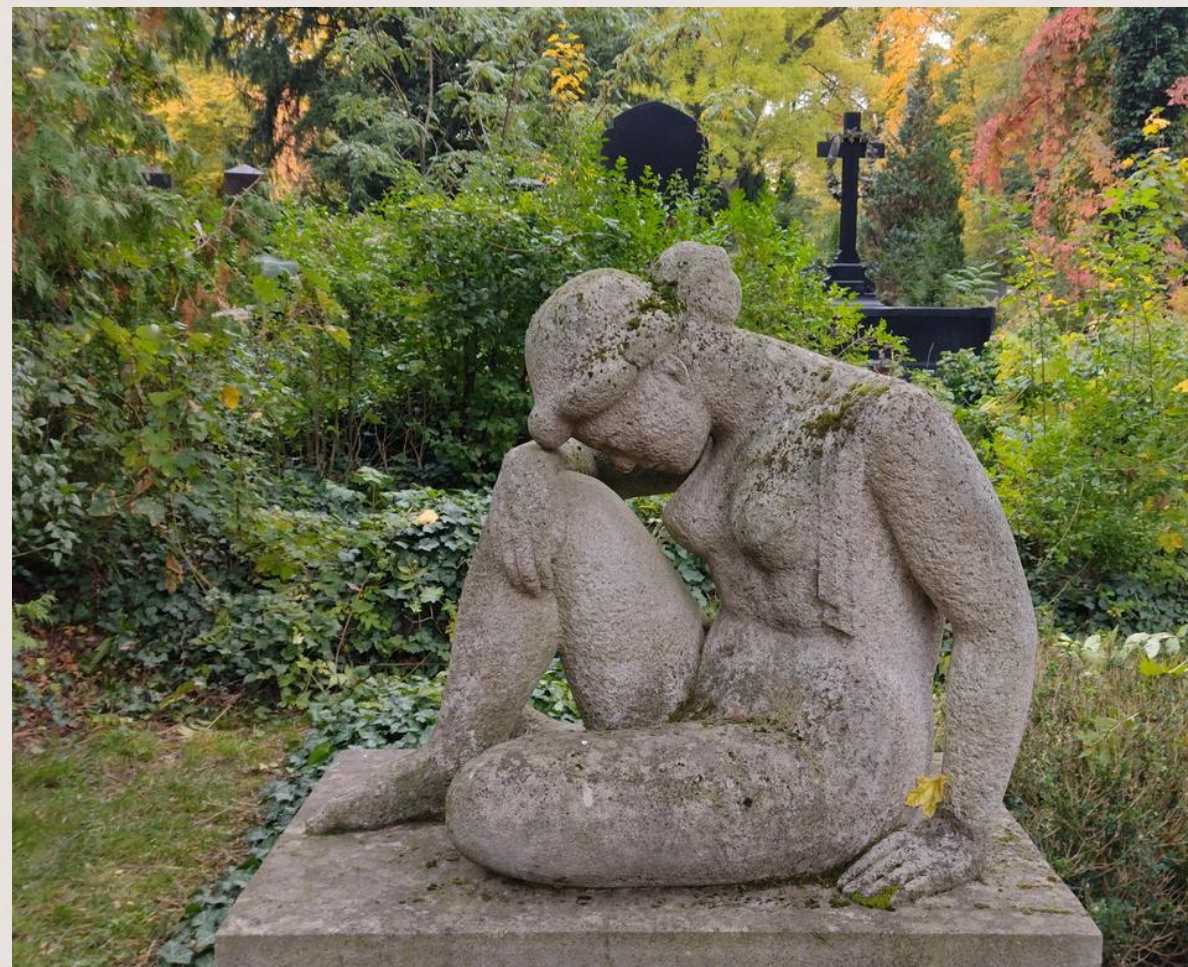


There are some who bring a light so
great to the world that even after they
are gone, the light remains.



Learning to Live with Grief

“There's no single way forward — only ways of learning to live with it.”



- Presence over perfection: showing up > fixing
- Language that soothes: “I remember”
- Support strategies: naming the baby; rituals
- Dual roles: all griever and companions



Helped or Hindered?

Interactive Exercise: Raise your hand when I name these actions if they feel like they helped or hurt.

- Discussion



Video: Empathy vs Sympathy



Mini Reflection



Think of one thing that helped you feel less alone - or one thing you wish someone had done.



Jot it down as a reminder to offer that same grace to yourself or others someday.



Integration & Ritual

Rituals / Symbols

"May the love you shared be the light that guides you forward"

Guided visualization





- Share Pregnancy & Infant Loss Support – sharepregnancyandinfantloss.org
- Return to Zero: HOPE – rtzhope.org
- Postpartum Support International - postpartum.net
- PLIDA – plida.org
- Reproductive Journey – reproductivejourney.com





If you'd like, take a quiet moment to notice what you're feeling right now —

Optional discussion questions:

- What you want to carry forward from this session.
- What stood out or felt most helpful?
- Did anything we talk about put words to something you felt?
- What does self-compassion look like to you right now?
- What's one thing you'll do differently supporting someone through loss?



Thank You