



# HEARTS

Helping Empty Arms Recover Through Sharing

## Pregnancy and Infant Loss Support Group



Our **“Sharing & Caring”** Pregnancy and Infant Loss Support Group has been designed to help families through the loss of their precious baby during pregnancy or shortly after birth — providing peer support and education (non-counselling) in a safe and confidential environment.

“**HEARTS** provides a safe place for me to go to when I am looking for reassurance that my thoughts and feelings are normal.

I look forward to **HEARTS** each month because it gives me a chance to talk about my baby to people that understand what I am going through no matter what. It is a group of many different families that have also had to experience baby loss and I find comfort in being able to relate with them when my friends and family don't understand what I am going through.” – **C.C.**

“**HEARTS** has always been a safe place to share my feelings and to ask questions without judgement. Being with other parents who have also experienced loss helped me feel understood and less alone after we lost our son.” – **E.B.**

## WHEN

Meetings held the 2<sup>nd</sup> Thursday of each month  
(no meetings July and August)

## TIME

5:30 – 7:30 p.m.

## LOCATION

**Red Deer Primary Care Network**  
5120 – 47 Street

## FREE PARKING

After 5 p.m. at all meters and city parking lots

## CONTACT US

**403.343.9100** or [hearts@rdpcn.com](mailto:hearts@rdpcn.com)

