



Miscarriage, Infant Death, Stillbirth Support Group

www.misshare.org

support@misshare.org

What is MIS/Share?

MIS/Share is a parent-led support network founded in 1981 to offer information, support and comfort to grieving parents who have experienced the death of their baby during pregnancy, or after birth. You are not alone.

When should I contact MIS/Share?

- Any time. -Just email support@misshare.org.
(Spanish speaking families can call Maria Robles: (703) 326-9262)
- Grieving parents call MIS/Share when they are in the hospital or are ready to be discharged, and their arms and hearts feel empty.
- Many bereaved parents contact MIS/Share after they have returned home from the hospital, and are experiencing feelings of disbelief, shock, sadness, anger, and loneliness.
- As time passes, we receive calls from parents who still feel overwhelmed by the intensity of their loss. They miss their baby, but are told by others that they should be feeling better. They want to share their feelings of grief and sadness with other parents who understand.
- Women who feel anxious during a subsequent pregnancy call MIS/Share for additional support. We have a separate, subsequent pregnancy support group as well.
- Visit our website www.misshare.org to find resources, or get directions to our next meeting.

Who leads the support group?

- MIS/Share support group is peer-led by parents who have grieved the loss of a child. There is no charge for MIS/Share services.

Why should I attend a support group?

- Grieving is hard work that takes time and drains energy.
- Grieving parents want to know how long their pain will last.
- Grieving parents want to talk to other parents who understand. You are not alone.
- The group helps parents feel less alone, overwhelmed, and isolated during this difficult time.
- The support group offers grieving parents the opportunity to share the complicated and intense emotions they are feeling with other parents who have experienced similar losses. We know that grieving can be a long process that should not be hurried.
- The group can offer advice and resources with the benefit of hindsight.
- It's Free.

What services does MIS/Share provide?

- We hold a monthly support group that offers compassion and comfort as parents share thoughts, feelings, and experiences with other parents who truly understand.
- We offer a lending library, website, and referrals to other community resources.
- We facilitate community outreach programs, speakers, and training to health professionals.
- Our subsequent pregnancy group helps women cope with the complex emotions, and the feelings of vulnerability that can frequently accompany a pregnancy following a loss.