



# Butterfly Run Ottawa

*Being a bereaved parent is a path no one should walk alone*

Supporting Ottawa and area families who have experienced infertility, a loss during pregnancy or the loss of an infant.

PROVIDER	PRODUCT/SERVICE	CONTACT INFORMATION
<b>Baby's Breath Canada</b>	National foundation focused on SIDS and dedicated to reducing all sudden and unexpected infant deaths including stillbirth.	<a href="http://www.babysbreathcanada.ca">www.babysbreathcanada.ca</a>
<b>Bereaved Families of Ottawa</b>	Year-round variable grief support group, 1 <sup>st</sup> Tuesday of every month 7-9 PM (virtually).	<a href="http://www.bfo-ottawa.org">www.bfo-ottawa.org</a>
<b>Butterfly Box</b>	Free care package, known as "The Butterfly Box."	<a href="http://www.momfriends.ca/pages/butterfly-box-ottawa">www.momfriends.ca/pages/butterfly-box-ottawa</a>
<b>Little Lotus Yoga (LLY)</b>	Fertility yoga, with both private and group virtual sessions.	<a href="http://www.littlelotusyoga.ca">www.littlelotusyoga.ca</a>
<b>LunAria Fertility</b>	Holistic fertility services and specialized FEM fertility massages. Also provides counselling for loss and grief specifically related to pregnancy and infant/child loss.	<a href="https://lunariafertility.ca/">https://lunariafertility.ca/</a> <a href="mailto:lunariafertility@gmail.com">lunariafertility@gmail.com</a> 613-223-8002.
<b>Miriam Centre</b>	Support services for anyone facing a difficult pregnancy.	<a href="http://www.miriamottawa.org">www.miriamottawa.org</a>
<b>Now I Lay Me Down to Sleep (NILMDTS)</b>	Remembrance photography.	<a href="http://www.nowilaymedowntosleep.org">www.nowilaymedowntosleep.org</a>
<b>OriginElle</b>	Offers holistic health services including fertility specialist, a gynecologist, an acupuncturist, a physiotherapist, an exercise therapist, a yoga instructor, a nutritionist, or a dietitian in various languages	<a href="https://originelle.com/">https://originelle.com/</a>
<b>Ottawa Fertility Centre (OFC)</b>	Innovative centre in fertility care and assisted reproductive medicine to help build families.	<a href="http://www.conceive.ca">www.conceive.ca</a>
<b>Pregnancy and Infant Loss Network (PAIL)</b>	Perinatal support groups and information. An online Facebook-based support group is available as well.	<a href="http://www.pailnetwork.sunnybrook.ca">www.pailnetwork.sunnybrook.ca</a>
<b>Robertson Therapy and Counselling</b>	Local counselors offering a variety of counselling services including perinatal loss and infertility	<a href="http://www.robertsontherapy.ca">www.robertsontherapy.ca</a>
<b>Pregnancy After Loss Support (PALS)</b>	Pregnancy After Loss Support (PALS) is a community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss.	<a href="http://www.pregnancyafterlosssupport.com">www.pregnancyafterlosssupport.com</a>



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<b>Pregnancy and Infant Loss Helpline</b>	Offers support to bereaved parents through a helpline or live chat services	Text 1-888-910-1551 <a href="https://pilscc.org/get-help-to-chat-online">Visit <u>https://pilscc.org/get-help-to-chat-online</u></a>
<b>Pregnancy and Parental Leave - Ontario</b>	Pregnancy and parental leave standards - indicates whether his type of leave is available under the section Miscarriages and stillbirths	<a href="https://www.ontario.ca/document/your-guide-employment-standard-s-act-0/pregnancy-and-parental-leave#:~:text=An%20employee%20who%20has%20a,is%20eligible%20for%20pregnancy%20leave.">https://www.ontario.ca/document/your-guide-employment-standard-s-act-0/pregnancy-and-parental-leave#:~:text=An%20employee%20who%20has%20a,is%20eligible%20for%20pregnancy%20leave.</a>
<b>Prenatal Education - Ontario</b>	Offers a variety of information and resources for pregnancy and infant loss in Ontario	<a href="https://www.ontarioprenataleducation.ca/infant-loss/">https://www.ontarioprenataleducation.ca/infant-loss/</a>
<b>Roger Neilson House</b>	Variety of services for perinatal loss at 20+ weeks gestation, various support groups (perinatal loss, bereaved grandparents, bereaved siblings, etc.).	<a href="http://www.rogerneilsonhouse.ca">www.rogerneilsonhouse.ca</a>
<b>The Compassionate Friends</b>	Support group for bereaved parents. The Ottawa Chapter meets virtually on the third Tuesday of each month from 7 p.m. to 9 p.m.	<a href="http://www.tcfottawa.net">www.tcfottawa.net</a>
<b>The Hope Box</b>	Christian faith-based care package, known as "The Hope Box".	<a href="mailto:cwchopebox@gmail.com">cwchopebox@gmail.com</a> <a href="https://www.facebook.com/groups/549741422083757">www.facebook.com/groups/549741422083757</a>
<b>Wanted, Chosen, Planned</b>	Information on pregnancy loss, stories and shared experiences.	<a href="http://www.wantedchosenplanned.com">www.wantedchosenplanned.com</a>