



# 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>Awaken Life</b>	Ottawa's Natural Centre for Fertility and Hormone Health	<a href="http://awakenlife.ca/">http://awakenlife.ca/</a>
<b>Bereaved Families of Ottawa</b>	The mission of Bereaved Families of Ontario – OTTAWA REGION is to inspire hope and transformation in people who are grieving the death of a loved-one. A range of services are offered, including peer support, expressive arts, memorial events, and training and education.	<a href="http://www.bfo-ottawa.org">www.bfo-ottawa.org</a>
<b>Butterfly Box</b>	Free care package packed with thoughtful items and local non faith-based resources to support grieving families Each box is packed with carefully selected items chosen by families who have experienced pregnancy and infant loss first-hand.	<a href="http://www.momfriends.ca/pages/butterfly-box-ottawa">www.momfriends.ca/pages/butterfly-box-ottawa</a>
<b>Butterfly Run Ottawa/Gatineau</b>	Information and support for pregnancy loss, infant loss, and infertility in Ottawa and Gatineau (website list includes non-local resources, books, podcasts, etc.)	<a href="http://www.butterflyrunottawa.ca/resources">www.butterflyrunottawa.ca/resources</a>
<b>The Compassionate Friends</b>	The mission of The Compassionate Friends is to aid in the positive reconciliation of grief and foster the physical and emotional health of bereaved parents and their surviving children and to help others to be supportive. TCF has no religious affiliation.	<a href="https://tcfottawa.net/">https://tcfottawa.net/</a>
<b>First Place Options</b>	First Place OPTIONS provides free, non-judgemental, compassionate support and information on all pregnancy options for anyone faced with an unplanned pregnancy. We also provide free, confidential support for women and men experiencing grief after an abortion.	<a href="http://www.firstplaceoptions.ca/">http://www.firstplaceoptions.ca/</a>
<b>Home Hospice Association</b>	From the first diagnosis of a non-viable pregnancy, through the support of the birth; guidance with memorializing their precious baby, funeral arrangements and resources for grief counselling; Pre and Perinatal Hospice provides as little or as much support as someone may wish.	<a href="https://www.homehospiceassociation.com/pre-and-perinatal-hospice">https://www.homehospiceassociation.com/pre-and-perinatal-hospice</a>
<b>Hope Box</b>	Hope Boxes support Hope Mommies™ mission by giving a tangible gift that expresses love, provides Biblical truth, and invites bereaved women into a community of fellow Hope Moms.	<a href="https://www.riversidenorth.ca/hope-boxes/">https://www.riversidenorth.ca/hope-boxes/</a>
<b>Hospice Care Ottawa</b>	A community-based charitable organization. We offer palliative and end-of-life programs and services to people living in the City of Ottawa. All services are offered at no charge to clients and their families. We provide Community Hospice Care programs such as in-home visits and day hospice, Residence Hospice Care, Bereavement Care and Caregiver Support. Our services meet the highest care standards in a setting that reflects as closely as possible a comfortable home environment.	<a href="https://www.hospicecareottawa.ca/">https://www.hospicecareottawa.ca/</a>
<b>Little Lotus Yoga (LLY)</b>	Little Lotus Yoga™ For Fertility: Tap into your healing self and nurture your mind, body and spirit. Fertility Yoga is a tool that can assist in healing throughout your fertility journey.	<a href="http://www.littlelotusyoga.ca">www.littlelotusyoga.ca</a>
<b>Miriam Centre</b>	The Miriam Centre is a Pregnancy Care Centre in Ottawa, Ontario. We provide love and compassion to all those who find the circumstances surrounding their pregnancy difficult. All our services are free and	<a href="https://miriamcentre.ca/">https://miriamcentre.ca/</a>

Please note: This list of organizations and websites is not exhaustive, but meant to provide a good starting place for tapping into available resources that can offer support, information, insights and guidance.

Last Updated: 02/05/2019



# 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.

	confidential (Abortion, miscarriage, and death of a baby).	
<b>Now I Lay Me Down to Sleep (NILMDS)</b>	Providing the gift of remembrance portraits to parents experiencing the death of a baby.	<a href="http://www.nowilaymedowntosleep.org">www.nowilaymedowntosleep.org</a>
<b>Olga's Way</b>	Olga connects people with tools to overcome anxiety & stress, to build resiliency and to become the best versions of themselves. She is a happiness dealer.	<a href="https://olgasway.com/">https://olgasway.com/</a>
<b>Ottawa Fertility Centre (OFC)</b>	Fertility Support Services: peer support, general information, single mothers, multiple births, LGBTQ, legal counsel, and PCOS support.	<a href="https://conceive.ca/patient-resources/counseling-and-support-groups/">https://conceive.ca/patient-resources/counseling-and-support-groups/</a>
<b>Over the Rainbow Angel Gowns</b>	Over The Rainbow Angel Gowns is a volunteer not-for-profit organization based in Ottawa Ontario. We take wedding dresses and make gowns for babies who have gone too soon and supply these gowns to parents free of charge.	<a href="http://www.facebook.com/rainbowangelgowns/">www.facebook.com/rainbowangelgowns/</a>
<b>Parents Orphelins</b>	Québec Association of parents grieving from pregnancy and infant loss. Their mission is to help other parents through this difficult ordeal by breaking the isolation, by documenting, by informing and by educating the population of Québec on the subject of pregnancy and infant grief. The Association encourages mutual assistance among bereaved parents in Québec, health care professionals and supporters to the cause.	<a href="http://www.parentsorphelins.org">www.parentsorphelins.org</a>
<b>Pregnancy and Infant Loss Network (PAIL)</b>	Pregnancy and Infant Loss Network (PAIL Network) is dedicated to improving bereavement care and providing support to families who have suffered the loss of a pregnancy or the death of their baby/babies. We are a provincial program that operates as a part of Sunnybrook Health Sciences Centre's Women and Babies program. Our support services have been tailored to meet the specific needs of grieving families, and are available at no cost to all families in the province of Ontario. We are uniquely sensitive to the experiences surrounding pregnancy and infant loss because many of us have been there, too.	<a href="https://pailnetwork.sunnybrook.ca/">https://pailnetwork.sunnybrook.ca/</a>
<b>Provincial Council for Maternal and Child Health</b>	Resources list for local emergency rooms for pregnancy and infant loss	<a href="http://www.pcmch.on.ca/wp-content/uploads/2017/08/PCMCH-Early-Pregnancy-Loss-G-List-of-Pregnancy-Loss-Resources-for-Families-and-Healthcare-Providers_Updated.pdf">www.pcmch.on.ca/wp-content/uploads/2017/08/PCMCH-Early-Pregnancy-Loss-G-List-of-Pregnancy-Loss-Resources-for-Families-and-Healthcare-Providers_Updated.pdf</a>
<b>Psychology Today</b>	List of Ottawa counselors, therapists and psychologists	<a href="https://www.psychologytoday.com/ca/therapists/on/ottawa">https://www.psychologytoday.com/ca/therapists/on/ottawa</a>
<b>Roger Neilson House</b>	Perinatal Hospice & Bereavement offered by the Roger Neilson House team is provided to parents and families in cases where there is a prenatal, perinatal or neonatal diagnosis of a life-limiting illness or a life-ending diagnosis. It is specialized care that prepares parents for the birth, death and sorrow of the impending loss of their much loved child. Care is provided in a timely manner and is dependent on parental/family needs and wishes.	<a href="http://www.rogerneilsonhouse.ca">www.rogerneilsonhouse.ca</a>
<b>Still Birthday</b>	Stillbirthday Global Network is an internationally trusted benevolent organization whose philanthropic mission is simply to doula: to nurture sources of perinatal bereavement, strengthen skills of healthcare professionals and increase healthy engagement of perinatal related needs among communities.	<a href="https://stillbirthday.com/">https://stillbirthday.com/</a>

Please note: This list of organizations and websites is not exhaustive, but meant to provide a good starting place for tapping into available resources that can offer support, information, insights and guidance.

Last Updated: 02/05/2019