



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	PRODUCTS/SERVICES	CONTACT INFORMATION
Roger Neilson Children's Hospice	Variety of services for perinatal loss at 20+ weeks gestation, various support groups (perinatal loss, bereaved grandparents, bereaved siblings, etc.)	https://www.rogerneilsonchildrenshospice.ca/
Pregnancy and Infant Loss Helpline	Offers support to bereaved parents through a helpline or live chat services	Text 1-888-910-1551 https://pilsc.org/
The Compassionate Friends	Support group for bereaved parents. Meets virtually and in person on the 3rd Tuesday each month, 7-9 p.m	www.tcfottawa.net
Home Hospice Association	Support to help in your grief journey related to miscarriage, termination, stillbirth, infant death or adoption	https://www.homehospiceassociation.com/our-babies-our-grief
A Fathers Grief	An organization for bereaved parents offering support after the loss of a child	https://www.tcf.org.uk/resources/L02-A-Fathers-Grief---C13-R1401.pdf
Bereaved Families of Ottawa	Year-round variable grief support group, 1st Tuesday of every month 7-9PM(virtual)	www.bfo-ottawa.org
Butterfly Run Ottawa	A facebook group for Ottawa and area families who have experienced infertility, pregnancy and infant loss	https://www.facebook.com/butterflyrunottawa
Now I Lay Me Down to Sleep (NILMDTS)	Remembrance newborn photography	www.nowilaymedowntosleep.org
Pregnancy and Infant Loss Network (PAIL)	Perinatal support groups and information. (Including facebook page)	https://pailnetwork.sunnybrook.ca/
Robertson Therapy and Counselling	Counsellors offering a variety of services including perinatal loss and infertility	www.robertsontherapy.ca
Ottawa Fertility Centre (OFC)	Innovative centre in fertility care offering counselling and support groups	https://conceive.ca/patient-resources/counseling-and-support-groups/
Miriam Centre	Free and confidential support services around pregnancy and pregnancy loss	https://miriamcentre.ca/
Butterfly Box	Free care package, known as "The Butterfly Box."	https://butterflyboxottawa.weebly.com/resources.html
The Hope Box	Faith-based care package, known as "The Hope Box"	https://www.hopeboxcanada.ca/