



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
Baby's Breath Canada	National foundation focused on SIDS and dedicated to reducing all sudden and unexpected infant deaths including stillbirth.	www.babysbreathcanada.ca
Bereaved Families of Ottawa	Year-round variable grief support group, 1 st Tuesday of every month 7-9 PM (virtually).	www.bfo-ottawa.org
Butterfly Box	Free care package, known as "The Butterfly Box."	www.momfriends.ca/pages/butterfly-box-ottawa
Groupe de soutien à la communauté de Butterfly Run d'Ottawa	Une communauté Facebook privée pour les familles d'Ottawa et de la région qui ont vécu l'infertilité, une perte pendant la grossesse ou la perte d'un enfant	https://www.facebook.com/groups/www.butterflyrunottawa.ca
Fertilité Outaouais	Groupe francophone pour hommes, femmes et familles de l'outaouais en situation d'infertilité.	https://www.facebook.com/groups/1130827953608575/
Little Lotus Yoga (LLY)	Fertility yoga, with both private and group virtual sessions.	www.littlelotusyoga.ca
LunAria Fertility	Holistic fertility services and specialized FEM fertility massages. Also provides counselling for loss and grief specifically related to pregnancy and infant/child loss.	lunariafertility@gmail.com 613-223-8002.
Miriam Centre	Support services for anyone facing a difficult pregnancy.	www.miriamottawa.org
Now I Lay Me Down to Sleep (NILMDS)	Remembrance photography.	www.nowilaymedowntosleep.org
OriginElle	Offers holistic health services including fertility specialist, gynecologist, acupuncturist, physiotherapist, exercise therapist, yoga instructor, nutritionist, or a dietitian in various languages.	https://originelle.com/
Ottawa Fertility Centre (OFC)	Innovative centre in fertility care and assisted reproductive medicine to help build families, as well as counselling and support groups.	www.conceive.ca
Groupe de soutien infertilité au Québec, SOPK, IAC, FIV, IAD	Groupe Francophone sur l'infertilité. SOPK, FIV, IAC, IAD	https://www.facebook.com/groups/402455006557401
Pregnancy and Infant Loss Network (PAIL)	Perinatal support groups and information. Online Facebook-based support group is available as well.	www.pailnetwork.sunnybrook.ca



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Push Pregnancy	Ressource pour autonomiser la grossesse, y compris des informations sur la grossesse après une perte, la mortinaissance et la perte	https://www.pushpregnancy.org/
Robertson Therapy and Counselling	Local counselors offer a variety of services including perinatal loss and infertility.	www.robertsontherapy.ca
Pregnancy After Loss Support (PALS)	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.	www.pregnancyafterlosssupport.com
Pregnancy and Infant Loss Helpline	Offers support to bereaved parents through a helpline or live chat services.	Text 1-888-910-1551 Visit https://pilscc.org/get-help-to-chat-online
Pregnancy and Parental Leave - Ontario	Pregnancy and parental leave standards - indicates whether this type of leave is available under the section Miscarriages and stillbirths	https://www.ontario.ca/document/your-guide-employment-standard-act-0/pregnancy-and-parental-leave#:~:text=An%20employee%20who%20has%20a,is%20eligible%20of%20pregnancy%20leave.
Roger Neilson House	Variety of services for perinatal loss at 20+ weeks gestation, various support groups (perinatal loss, bereaved grandparents, bereaved siblings, etc.).	www.rogerneilsonhouse.ca
The Compassionate Friends	Support group for bereaved parents. The Ottawa Chapter meets virtually and in person on the third Tuesday of each month from 7 p.m. to 9 p.m.	www.tcfottawa.net
The Hope Box	Faith-based care package, known as "The Hope Box".	hopeboxcanada.ca/request