



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.

Updated 2023

PROVIDER	PRODUCT/SERVICE	CONTACT INFORMATION
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
Pregnancy and Infant Loss Helpline	Offers support to bereaved parents through a helpline or live chat services	Text 1-888-910-1551 https://pils.org/
Home Hospice Association	Support to help in your grief journey related to miscarriage, termination, stillbirth, infant death or adoption	https://www.homehospiceassociation.com/ourbabiesourgrief
Bereaved Families of Ottawa	Year-round variable grief support group, 1 st Tuesday of every month 7-9PM(virtual)	www.bfo-ottawa.org
The Compassionate Friends	Support group for bereaved parents. Meets virtually and in person on the 3rd Tuesday each month from 7-9 p.m	www.tcfottawa.net
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
Duke University Bereavement Dads Grieve Too	Dads grieve too. Information on how dads might grieve and how to cope	https://www.dukehealth.org/sites/default/files/Child-A_Fathers_Grief-English.pdf
Butterfly Run Ottawa	A facebook group for Ottawa and area families who have experienced infertility, pregnancy and infant loss	https://www.facebook.com/groups/www.butterflyrunottawa.ca http://www.butterflyrunottawa.ca/
Healing Hearts Foundation	Information and resources on a range of pregnancy and infant losses	http://www.healingheartsfoundation.ca/resources.html
Now I Lay Me Down to Sleep (NILMDS)	Remembrance newborn photography	www.nowilaymedowntosleep.org
Pregnancy and Infant Loss Network (PAIL)	Perinatal support groups and information. (Including facebook page)	www.pailnetwork.sunnybrook.ca
Robertson Therapy and Counselling	Counselors 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	www.miriamottawa.org
Pregnancy and Parental Leave - El Canada	Pregnancy and parental leave information	https://www.canada.ca/en/services/benefits/ei/ei-maternity-parental/special-circumstances.html
Butterfly Box	Free care package, known as "The Butterfly Box."	https://butterflyboxottawa.weebly.com/
The Hope Box	Faith-based care package, known as "The Hope Box"	hopeboxcanada.ca/request

For more resources please visit our website

ButterflyRunOttawa.ca