

Information and Support for Infertility, Perinatal Loss and Infant Loss

(Ottawa/Gatineau)

We are *very sorry* for what you are going through!

To help you through this time, below you will find a list of some of the information and support services for infertility, perinatal loss and infant loss in the Ottawa and Gatineau area, listed in alphabetical order. We try to keep these resources as up-to-date as possible; however, if there are resources you are aware of that are not included in this list, please let us know at butterflyrunottawa@gmail.com.

Please consult your family doctor, reproductive endocrinologist or nearest hospital in the event of an emergency or situation requiring medical attention.

Aaron's Butterfly Run Ottawa/Gatineau

Category: Pregnancy, Infant and Child Loss Awareness Run

Information: Aaron's Butterfly Run is a 1 mile family walk/run and 5km walk/run in Ottawa/Gatineau to support individuals/families who have experienced pregnancy, infant or child loss. Aaron's Butterfly Run Ottawa/Gatineau will be taking place on Saturday, October 14 2017 at Brewer Park in Ottawa, Ontario. All proceeds from run registration will be supporting the perinatal hospice and perinatal loss bereavement programs at Roger Neilson House in Ottawa.

Website: www.butterflyrunottawa.ca or www.facebook.com/butterflyrunottawa

Bereaved Families of Ottawa

Category: Support group (in-person)

Information: Bereaved Families of Ottawa offers a recurring, year-round, perinatal loss support group on the first Tuesday of every month from 7:00-9:00 PM. No registration is required. Bereaved Families of Ottawa also offer many pieces of literature on grief and bereavement. For those who are able to contribute, they request a \$10 donation/person or \$20 donation/family; however, all are welcome regardless of the ability to pay.

Website: <http://www.bfo-ottawa.org>

Telephone: 613-567-4278

E-mail: office@bfo-ottawa.org

Facebook: <https://www.facebook.com/bfo.ottawa/>

Chelsea Retreats

Category: Course (online)

Information: "From Loss to Love" is an online course for grieving parents to make meaning after pregnancy or infant death. Before the course begins, Jennifer will do a private phone birth story healing session. The course is designed to facilitate integration and healing after pregnancy or infant loss with the intention of inspiring personal growth and community connection. You will explore the significance of this loss through mindfulness practice, breath awareness, creative writing, a personal project and birth story healing. This course is for anyone who has experienced any kind of pregnancy or infant loss and are motivated to make space to honour the life that was created and your lived experience of the loss. The course is \$200 CAD.

Website: <http://inthemomentwithjen.com/upcomingretreats/birth-story-healing-from-loss-to-love>

E-mail: ahimsaheels@gmail.com

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Empty Arms, Open Heart

Category: Support group (in-person and online)

Information: Empty Arms Open Heart is for families who have experienced and are healing from loss related to pregnancy or infancy. This includes loss related to abortion, miscarriage, stillbirth, infertility, infant death and disability. Also includes pregnancy after loss. This peer-to-peer group meets the second Thursday of each month at the Ottawa Integrated Health Centre, a naturopathic clinic, at 1129 Carling (at Holland), from 7:15 PM onwards. There is also a private Facebook group.

E-mail: emptyarmsopenheartottawa@gmail.com

Facebook: https://www.facebook.com/groups/170982076593678/#_=_

First Place Options

Category: Decision Aid, Coaching (In Person), 613-228-7475

Information: First Place Options is a non-profit charitable agency offering decision aid coaching to anyone facing an unplanned pregnancy.

Website: <http://www.firstplaceoptions.ca/>

Grieving Dads

Category: Book, blog

Information: Kelly Farley wrote the book "Grieving Dads: to the Brink and Back" which is a collection of candid stories from grieving dads that were interviewed over a two-year period. The book offers insight from fellow members of, in the haunting words of one dad, "this terrible, terrible club," which consists of men who have experienced the death of a child. This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. The core message of Grieving Dads is "you're not alone." It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society's expectations.

Website: <https://grievingdads.com/>

Hope Box

Category: Christian resource box

Information: Hope Boxes are for individuals and families who have lost a baby through any type of infant loss. Hope boxes contain Christian resources on pregnancy loss, tea, lotion, lip balm, a handwritten note, brochures and a bracelet, along with other items. If you'd like to give a box in honour of someone please specify on your donation of \$50 per box. All donations go through Cornerstone Wesleyan Church, designated Hope Boxes, and are tax deductible.

Email: deanna.davidson@gmail.com

Infertility Support Group (Ottawa and the Valley)

Category: Support group (online)

Information: Online Facebook support group for local women and men suffering with infertility.

E-mail: ottawa.infertility.liason@gmail.com

Facebook: <https://www.facebook.com/groups/450137625009049/>

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Infertility Support Group (Ottawa Fertility Centre)

Category: Support group (in-person)

Information: There is an infertility support group the last Saturday of every month at the Ottawa Fertility Centre from 10:30 AM – 12:00 PM (in the ART room on the 2nd floor). There is no cost to attend the group. The volunteer facilitator does not work for the clinic and does not report back to clinic staff – all information shared is confidential. The support group is a safe place to share, ask questions, or just listen.

Meeting of the mourning group Les Étoiles Filantes

Category: Support group (in-person)

Information: The Center for Family Intervention Studies and Research (CÉRIF) offers a free French support group meeting for parents who have experienced a perinatal bereavement and their family and friends. They also offer a pregnancy after loss group if there are enough participants. The meetings are held at the Université du Québec en Outaouais (Pavillon Alexandre Taché, 283 Taché Blvd).

Website: <http://cerif.uqo.ca/en/node/374>

Telephone: 819-595-3900 ext. 2350 (registration is required)

E-mail: deuil@uqo.ca

Miriam Centre

Category: Support services

Information: Miriam Centre is a bilingual, non-profit, charitable organization that has grown from a desire shared by a group of concerned people from within the community to reach out to anyone facing a difficult pregnancy.

Telephone: 613-830-8623

MotherWit Doula Care Ottawa

Category: Support group (in-person)

Information: MotherWit Doula Care Ottawa hosts a group on the 3rd Friday evening (7:30-9:00 PM) every month, to remember and honour pregnancies or infants that were lost, and support those going through the journey. MotherWit Doula Care Ottawa also hosts a peer-to-peer support group for women suffering from prenatal or postpartum anxiety/depression ever Thursday from 9:30-11:30 AM.

Website: <http://ottawa.motherwit.ca>

Telephone: 613-518-1060

E-mail: info@motherwit.ca

Facebook: <https://www.facebook.com/events/1752137421779604/>

Ottawa Fertility Centre, Dr. Patricia Gervaise

Category: Counselling

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Information: Dr. Patricia Gervaise is a clinical psychologist specializing in reproductive health issues. Dr. Gervaise is currently in private practice and consultant to the Ottawa Fertility Centre since 2006. Dr. Gervaise's practice is focused on the emotional aspects of infertility and reproductive loss. She provides counselling to individuals and couples dealing with reproductive difficulties, treatment-related decision making, and offers strategies for coping with treatment and body-mind approaches as an adjunct to medical care.

Website: <http://www.conceive.ca/items/dr-patricia-gervaise/#sthash.dthqCynD.dpuf>

Telephone: 613-686-3378 ext. 315

E-mail: pgervaise@conceive.ca

Parents Orphelins

Category: Support group

Parents Orphelins, the Québec Association of parents grieving from pregnancy and infant loss, aims 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.

Website: <http://www.parentorphelins.org/>

Pregnancy and Infant Loss Network (PAIL)

Category: Information

Information: PAIL at Sunnybrook Hospital is committed to making a positive difference for those affected by pregnancy and infant loss. PAIL provides a variety of support services tailored to meet the specific needs of bereaved parents and families across Ontario. PAIL is Canada's leading educators in promoting sensitive care and management to families following a loss. PAIL at Sunnybrook has groups all across Ontario. Please contact PAIL for information regarding support groups and additional information in your area.

Website: <http://sunnybrook.ca/content/?page=pail>

Telephone: 888-303-7245 (PAIL) – This is a 24/7 toll-free support number

E-mail: pailnetwork@sunnybrook.ca or <https://www.facebook.com/PAILnetwork/>

Roger Neilson House

Category: Variety of services for perinatal loss at 20+ weeks gestation

Information: Roger Neilson House offers a variety of services for those experiencing loss of pregnancy or infant loss including, but not limited to: grief support including, but not limited to, a perinatal loss group (20+ weeks gestation), legacy building activities, and perinatal hospice.

Website: <http://rogerneilsonhouse.ca/our-services/>

Telephone: 613-523-6300 ext 600

E-mail: info@rogerneilsonhouse.ca

Still Standing Magazine

Category: Information, stories, shared experiences

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Information: In the face of loss and infertility, Still Standing Mag's mission is to show the world that we are still standing. Holding fast to resilience and hope. Their mission is to help you embrace life for everything that it is after experiencing the loss of a child or infertility.

Website: www.stillstandingmag.com

Tenth Moon Mothercare

Category: Care Package

Information: Mama's Heart is a special care package created to help soothe the hearts of women who experience miscarriage and later pregnancy loss. A portion of proceeds from this sale of this package support the Pregnancy and Infant Loss (PAIL) network. The care package costs \$35 plus shipping.

Website: <http://www.tenthmoonmothercare.com/>

The Love & Loss Project

Category: Blog, Support Services

The Love & Loss Project is a comfort and inspiration station for people who have lost a baby, pregnancy or child. Services are offered by April Boyd, a Social Work Therapist from Belleville. The Love & Loss Project offers a Baby Loss Survival Guide, in addition to a variety of other services and information.

Website: www.lovelossproject.com

TTC Crate

Category: Care Package

Information: TTC Crate understands that trying to conceive (TTC) can be an emotional struggle, so their our goal to make it a little less stressful for those TTC. Whether you're struggling with infertility, or just starting out, their hope is to bring a little extra sunshine to your journey! TTC Crate is a company that is owned, and operated by women who have dealt with, or are currently dealing with, the struggles of infertility. It is very important to us to offer support, and hope throughout the TTC Community. TTC Crate launched in April 2015, in Ottawa, Ontario, Canada.

Website: www.ttccrate.com

Wanted, Chosen, Planned /Expecting Sunshine

Category: Blog, Book, Resources

Information: Alexis Marie Chute created this website after the loss of her son Zachary after birth. It contains resources for people who have experienced pregnancy, infant and child loss. She has also written a memoir about her subsequent pregnancy called "Expecting Sunshine: A Journey of Grief, Healing and Pregnancy After Loss".

Websites: www.wantedchosenplanned.com and www.expectingsunshine.com