



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 .	www.bfo-ottawa.org
Butterfly Box	Free care package, known as "The Butterfly Box."	www.momfriends.ca/pages/butterfly-box-ottawa
Les Étoiles Filantes	Year-round French support group known as the meeting of the mourning group, timing posted on website.	www.cerif.uqo.ca/en/node/374
Little Lotus Yoga (LLY)	Fertility yoga, with both private and group sessions..	www.littlelotusyoga.ca
Meeting of the Mourning Group	Free French support group.	www.cerif.uqo.ca/en/node/374
Miriam Centre	Support services for anyone facing a difficult pregnancy.	www.miriamottawa.org
MotherWit Doula Care	Year-round perinatal loss support group, 3 rd Friday of every month 7:30-9 PM.	www.ottawa.motherwit.ca
Now I Lay Me Down to Sleep (NILMDTS)	Remembrance photography.	www.nowilaymedowntosleep.org
Ottawa Fertility Centre (OFC)	Innovative centre in fertility care and assisted reproductive medicine to help build families.	www.conceive.ca
Pregnancy and Infant Loss Network (PAIL)	Perinatal support groups and information. An online Facebook-based support group is available as well.	www.pailnetwork.sunnybrook.ca
Robertson Therapy and Counselling	Local counselors offering a variety of counselling 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
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 Hope Box	Christian faith-based care package, known as "The Hope Box".	cwchopebox@gmail.com www.facebook.com/groups/549741422083757
Wanted, Chosen, Planned	Information on pregnancy loss, stories and shared experiences.	www.wantedchosenplanned.com