

H.E.A.R.T.strings Caring & Coping Support Group

Northside Hospital **VIRTUAL** Perinatal Loss Support Group

Caring & Coping virtual support group is held monthly via GoToMeeting. The session is jointly facilitated by a member of the H.E.A.R.T.strings Perinatal Bereavement Office and the Northside Hospital Behavioral Health Services team. Support group facilitators are prepared to help you understand the normal and necessary journey we call grief. There is no charge to attend and you do not need to be a patient of Northside.

Note: If you are currently pregnant following a loss, we respectfully ask that you not attend this group out of consideration for others. We encourage you to join our Rainbow P.A.L.S. (Pregnancy After Loss Support) group—information can be found on our website.

Meetings are held on the 2nd Monday of the month from 7:00-8:30 p.m.

[You must register in order to receive an email with the meeting link.](#)

To register, please go to our website

www.northsidepnl.com/support-groups--gatherings.html

2021 Schedule

Date	Topic (based on the book, <i>Understanding Your Grief</i> by Alan Wolfelt, PhD.) <i>Our topic is used as a guide for curriculum and grief education purposes. Discussion also allows for participants to share and seek support and guidance on other topics and challenges. Participation in the discussion is optional—you are welcome to just come and listen.</i>
January 11	Open to the Presence of Your Loss
February 8	Dispel the Misconceptions About Grief
March 8	Embrace the uniqueness of your Grief
April 12	Explore Your Feelings of Loss
May 10	Recognize You Are Not Crazy
June 14	Understand the Six Needs of Mourning
July 12	Nurture Yourself
August 9	Reach Out for Help
September 13	Seek Reconciliation, Not Resolution
October 11	October is National Pregnancy & Infant Loss Awareness Month—Discussion about awareness and remembrance
November 8	Appreciate Your Transformation with discussion about Handling the Holiday Season
December 13	Getting Through the Holiday Season

Contact Us: 404-851-8177 or northsidepnl@gmail.com

