

# 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](http://www.northsidepnl.com/support-groups--gatherings.html)

### 2022 Schedule

Date	Topic (based on the book, Understanding Your Grief 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 10	Open to the Presence of Your Loss
February 14	Dispel the Misconceptions About Grief
March 14	Embrace the uniqueness of your Grief
April 11	Explore Your Feelings of Loss
May 9	Recognize You Are Not Crazy
June 13	Understand the Six Needs of Mourning
July 11	Nurture Yourself
August 8	Reach Out for Help
September 12	Seek Reconciliation, Not Resolution
October 10	October is National Pregnancy & Infant Loss Awareness Month—Discussion about awareness and remembrance
November 14	Appreciate Your Transformation with discussion about Handling the Holiday Season
December 12	Getting Through the Holiday Season

Contact Us: 404-851-8177 or [northsidepnl@gmail.com](mailto:northsidepnl@gmail.com)

