



# **Empty Arms**

**Perinatal Loss Support Services**



**Empty Arms**  
Perinatal Loss Support  
**Resources**

**I am so very sorry** that you are receiving this information package. The death of a baby, no matter what age or gestation, can be painful beyond words. It cannot be understood to the fullest extent unless it is experienced firsthand. Please know that you are not alone. This 'secret club' to which we unwillingly belong is full of supportive parents who know the pain of losing a baby all too well. There is always someone willing to listen, we just need to ask. As you navigate through the initial days of your grief, please remember the following:

- For a mother, the time after losing a baby (no matter what gestation) is still considered postpartum. Take care of your body and give it time to recover from birth.
- Do not rush back to 'regular duties'. Give yourself time to start the healing process, both emotionally and physically.
- Some mothers experience the very real sensation of aching arms after the death of their baby. If this happens to you, try sleeping with a teddy bear or a blanket cradled in your arms.
- Let the tears flow! Know that it is perfectly normal to experience many, many emotions during this time. It is much better to just let yourself feel, instead of trying to suppress your emotions. If you need to cry, let it out. If you feel angry, scream into your pillow. If you feel numb, don't beat yourself up over your lack of emotion. If you find yourself smiling or laughing at something funny, don't feel guilty for enjoying the moment.
- Do not be afraid to ask for help. Ask your in-laws to take your older children for a day or if your best friend asks what you need, don't be afraid to tell her.
- Everyone grieves differently, there is no 'right way'. This is important to remember in a general sense, and in the family sense as well. Mom and Dad may express their emotions very differently, but that does not mean that they are not grieving or do not care.
- There is no time limit for grief, take all the time you need. Grief never goes away, but it does change over time.
- Grief can ebb and flow like the tide. It can sometimes feel like a rollercoaster with its many ups and downs. Once you find yourself able to enjoy life again, there may be times when something triggers that pain from your loss once more. Bad moments and days can still happen, no matter how much time has passed.
- Do little things to honour and celebrate the life of your little one; donate a toy on his/her birthday, have a butterfly release ceremony.
- If you would like, purchase a little memorial item for your baby. Or obtain a memorial item for free from one of the groups listed below.

- When you feel ready, you may want to join a support group, either in-person or online. Some people find solace in talking about their babies or in listening to others recount the stories of their little ones.
- If you like to read, you may want to read some books on the topic of baby loss. There are some recommended books listed below.
- If you find yourself falling deeper and deeper into despair over time, or feel like life is no longer worth living, please talk to your doctor immediately. In this information package, there is also a list of counsellors in Saskatoon.

[www.emptyarmspls.com](http://www.emptyarmspls.com)

[www.facebook.com/EmptyArmsPLS](https://www.facebook.com/EmptyArmsPLS)

[www.pinterest.com/emptyarmspls](https://www.pinterest.com/emptyarmspls)



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## Empty Arms Lending Library

We are so very sorry for your loss. The death of a baby, no matter what the circumstances are, and the grief that accompanies it, can often feel like far too much to bear. Many baby loss parents find it helps to read books; some may find solace in reading about the experiences of others, some find it helps to read about the grieving process and ways to cope.

Below is a list of books, related to perinatal loss, that are available to be borrowed from Empty Arms. If you come across any other titles that you feel should be added to our lending library, please let us know.

### Perinatal Loss

**Anderson, Tammy** (2010). *Losing Emily: A Journey through Stillbirth to Finding Peace and Embracing New Hope*. Portland, OR: Inkwater Press.

**Allen, Marie & Marks, Shelly** (1993). *Miscarriage: Women Sharing From the Heart*. New York, NY: John Wiley & Sons, Inc.

**Ash, Lorraine** (2004). *Life Touches Life: A Mother's Story of Stillbirth and Healing*. Troutdale, OR: NewSage Press.

**Cox, Franchesca** (2017). *Facets of Grief: A Creative Workbook for Grieving Mothers*. Lexington, KY.

**Davis, Deborah L.** (1996). *Empty Cradle, Broken Heart: Surviving the Death of Your Baby* (rev. ed.). Golden, CO: Fulcrum Publishing.

**Eshlemen, Melissa** (2011). *Always Within: Grieving the Loss of Your Infant*. Norway, MA: Find Your Way Publishing, Inc.

**Gamino, Louis A. & Cooney, Ann Taylor** (2002). *When Your Baby Dies Through Miscarriage or Stillbirth*. Minneapolis, MN: Augsburg Fortress.

**Hayford, Jack** (2003). *I'll Hold You in Heaven: Healing and Hope for the Parent Who Has Lost Child through Miscarriage, Stillbirth, Abortion or Early Infant Death* (3<sup>rd</sup> ed.). Ventura, CA: Regal Books.

**Heineman, Elizabeth** (2014). *Ghost Belly*. New York, NY: the Feminist Press.

**Hiemstra, Jessica & Martin-Demoor, Lisa** (2013). *How to Expect What You're Not Expecting: Stories of Pregnancy, Parenthood and Loss*. Victoria, BC: TouchWood Editions.

- Himmelrich, Nathalie** (2014). *Grieving Parents: Surviving Loss as a Couple*. Lexington, KY: Kat Biggie Press.
- Ilse, Sherokee** (1996). *Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death*. (4<sup>th</sup> ed.). Maple Plain, MN: Wintergreen Press.
- Jackson Jr., Glen** (2015). *Grief: Embrace It, Live It, Hold on to It*. Middletown, DE: SPJ Publishing.
- Kluger-Bell, Kim** (2000). *Unspeakable Losses: Healing From Miscarriage, Abortion, and Other Pregnancy Loss*. New York, NY: William Morrow Paperbacks.
- Larsen, Katy M.** (Ed.). (2014). *Still Standing...Because They Lived*. Somewhere Over the Rainbow LLC.
- Long, Emily R.** (2015). *Invisible Mothers: When Love Doesn't Die*. Burlington, VT: Firefly Grace Publishing.
- Long, Emily R.** (2016). *You are Not Alone: Love Letters from Loss Mom to Loss Mom*. Burlington, VT: Firefly Grace Publishing.
- McCraken, Elizabeth** (2010). *An Exact Replica of a Figment of My Imagination: A Memoir*. New York, NY: Back Bay Books.
- Mitchell, Ellen** (2009). *Beyond Tears: Living after Losing a Child* (rev. ed.). New York, NY: St. Martin's Griffin.
- Parisi, Kristy** ((2016). *Miscarriage Mom: The Unspoken Realities of Miscarriage and How to Cope*. Bloomington, IN: AuthorHouse.
- Raeburn, Daniel** (2016). *Vessels: A Love Story*. New York, NY: W.W. Norton & Company, Inc.
- Roy, Deanna** (2011). *Baby Dust: A Novel*. Austin, TX: Casey Shay Press.     **\*2 copies**
- Sanders, Catherine M.** (1998). *How to Survive the Loss of a Child: Filling the Emptiness and Rebuilding your Life*. (2<sup>nd</sup> ed). New York, NY: Three Rivers Press.
- Stillwell, Elaine E.** (2004). *The Death of a Child: Reflections for Grieving Parents*. Skokie, IL: ACTA Publications.
- Wolfelt, Alan D.** (2015). *Healing your Grieving Heart after Miscarriage: 100 Practical Ideas for Parents and Families*. Fort Collins, CO: Companion Press.
- Wolfelt, Alan D. & Maloney, Raelynn** (2013). *Healing your Grieving Heart after Stillbirth: 100 Practical Ideas for Parents and Families*. Fort Collins, CO: Companion Press.
- Wunnenberg, Kathe** (2001). *Grieving the Child I Never Knew: A Devotional For Comfort In the Loss of Your Unborn or Newly Born Child*. Grand Rapids, MI: Zondervan.

## **Grief (General)**

- Burpo, Todd & Vincent, Lynn** (2010). *Heaven is For Real: A Little Boy's Astounding Story of His Trip to Heaven and Back*. Nashville, TN: Thomas Nelson Press.
- Cacciatore, Joanne** (2017). *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief*. Somerville, MA: Wisdom Publications
- Canfield, Jack & Hansen, Mark Victor** (2003). *Chicken Soup for the Grieving Soul: Stories about Life, Death and Overcoming the Loss of a Loved One*. Deerfield Beach, FL: Health Communications, Inc.
- DeKlyen, Chuck & Schwiebert, Pat** (2005). *Tear Soup: A Recipe for Healing After Loss* (3<sup>rd</sup> ed.). Portland, OR: Grief Watch.
- Devine, Megan** (2017). *It's OK That You are Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*. Boulder, CO: Sounds True.
- Friedman, Russell & James, John W.** (2013). *Moving Beyond Loss*. Plymouth, United Kingdom: Taylor Trade Publishing.
- Grant, Airdre** (2016). *Stumbling Stones: A Path Through Grief, Love and Loss*. London, UK: Hardie Grant Books.
- Jackson Jr., Glen** (2015). *Grief: Embrace It, Live It, Hold on to It*. Middletown, DE: SPJ Publishing.
- James, John W. & Friedman, Russell** (2009). *The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses*. (rev.ed.) New York, NY: Harper Collins Publishers.
- Kumar, Sameet M.** (2013). *Mindfulness for Prolonged Grief: A Guide to Healing After Loss When Depression, Anxiety, and Anger Won't go Away*. Oakland, CA: New Harbinger Publications, Inc.
- Silverman, Phyllis R. & Kelly, Madelyn** (2009). *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One*. New York, NY: Oxford University Press.
- Weller, Francis** (2015). *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*. Berkley, CA: North Atlantic Books.
- Wolfelt, Alan D.** (2007). *Living in the Shadows of the Ghosts of Grief: Step into the Light*. Fort Collins, CO: Companion Press.
- Wolfelt, Alan D.** (2014). *The Depression of Grief: Coping with your Sadness and Knowing When to get Help*. Fort Collins, CO: Companion Press.

**Wolfelt, Alan D.** (2003). *Understanding your Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart*. Fort Collins, CO: Companion Press.

**Zuma, Tom** (2014). *Permission to Mourn: A New Way to Do Grief*. Rockford, IL: Bish Press.

## **Difficult Diagnosis**

**Beck, Martha** (1999). *Expecting Adam*. New York, NY: Times Books.

## **Infertility**

**Birkin, Robyn** (2016). *Screw Infertility! Lessons from a Fertility Warrior. Surviving Infertility, Miscarriage and IVF*. Middletown, DE: CreateSpace.

**Dake, Cindy Lewis** (2002). *Infertility: A Survival Guide For Couples and Those Who Love Them*. Birmingham, AL: New Hope Publishers.

**Manterfield, Lisa** (2015). *Life Without Baby: Surviving and Thriving When Motherhood Doesn't Happen*. Redondo Beach, CA: Steel Rose Press.

**Wenzel, Amy PhD.** (2014). *Coping with Infertility, Miscarriage and Neonatal Loss: Finding Perspective and Creating Meaning*. Washington, DC: APA Life Tools.

## **Pregnancy after Loss**

**Abbey, Amy L.** (Ed.). (2006). *Journeys: Stories of Pregnancy after Loss*. Boulder, CO: WovenWord Press.

**Cox, Franchesca** (2017) *Celebrating Pregnancy Again: Restoring the Lost Joys of Pregnancy after the Loss of a Child*. Lexington, KY.

**Cirulli Lanham, Carol** (1999). *Pregnancy after a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth, or Infant Death*. New York, NY: The Berkley Publishing Group.

**Douglas, Ann & Sussman, John R.** (2000). *Trying Again: A Guide to Pregnancy after Miscarriage, Stillbirth, and Infant Loss*. New York, NY: Taylor Trade Publishing.

## **SUPPORT GROUPS**

**\*Gone Too Soon (3<sup>rd</sup> Tuesday of every month)** The death of a baby, at any gestation or age, can be a very lonely and intensely emotional experience. Held monthly, 'Gone Too Soon' is a peer support group for parents who have lost their precious babies due to miscarriage, stillbirth, or neonatal loss. No matter where you are in your grieving journey, we invite you to come and share your story or to just find comfort in the fact that you are definitely not alone. The group will be held at the Empty Arms' house, at 611 3<sup>rd</sup> Avenue North. Mothers and fathers welcome. For more information, please contact Krysta at [krysta@emptyarmspls.com](mailto:krysta@emptyarmspls.com)

**The Compassionate Friends** "Supporting Family after a Child Dies"- A monthly support group for parents who have lost a child. Contact information for the Saskatoon chapter can be found at [tcsaskatoon@wordpress.com](mailto:tcsaskatoon@wordpress.com) . There are also various Compassionate Friends Facebook groups you may also join.

**\*New Life After Loss (1<sup>st</sup> Thursday of every month)** A monthly peer support group for baby loss mamas who are pregnant again, are parenting a subsequent baby, or parenting surviving siblings. It is a safe place to discuss the unique issues that accompany pregnancy and parenting subsequent children after loss and/or surviving siblings. The group is held at the Empty Arms' house, at 611 3<sup>rd</sup> Avenue North. Please note: babies and toddlers are welcome at New Life After Loss meetings. For more information, please contact Krysta at [krysta@emptyarmspls.com](mailto:krysta@emptyarmspls.com)

**Y.A.N.A- You Are Not Alone (1<sup>st</sup> Thursday of every month)** Creating the miracle of a baby doesn't come easy for everyone. We support those living with fertility issues by meeting once a month in Saskatoon, SK. Couples welcome. <http://yanasaskatoon.weebly.com/>  
To be added to the secret Facebook group, send a message to <https://www.facebook.com/yanasaskatoon/> with your request.

**\*Hope After Loss** (Facebook group) This is a support group for Saskatchewan men and women who have experienced a miscarriage, stillbirth or infant loss and do not have any living children. These men and women are welcome to join the group through all stages of their grief. <http://www.facebook.com/HopeAfterLossSK>

**\*Lean On Me: Saskatchewan Baby Loss Group** (Facebook group) Private online support group for Saskatchewan women, who have experienced miscarriage, stillbirth or infant loss.

<http://facebook.com/groups/LeanOnMesSK>

**\*Man to Man: Saskatchewan Baby Loss Support** (Facebook group) Private online support group for Saskatchewan men, who have lost a baby due to miscarriage, stillbirth or neonatal loss.

<https://www.facebook.com/groups/304339053302426/>

**\*The Journey - Life after Baby Loss** (Facebook Group) This is an online support group for Saskatchewan parents to help navigate the journey of grief after the death of their baby. Open to parents whose little one died in NICU/PICU, due to SIDS, a terminal illness, or an accidental death, within the first year or so after birth. This is a safe place to bear heart and soul and talk about your journey in learning to live again. We encourage sharing of stories or memories and sharing coping skills gained. There for the days when support, encouragement, and understanding is needed. This Facebook group is confidential and parents can interact as much (or as little) as they like. <https://www.facebook.com/groups/TheJourneySK/>

**\*Tiny Hearts: Saskatchewan Mothers of Miscarriage** (Facebook Group) A supportive chat group for people with the lived experience of early pregnancy loss. The discussion is for people who have experienced miscarriage/pregnancy loss in the first trimester. This is a safe space for discussion, memorial, questions, and more. All posts and comments are to remain private and non-judgmental.

<https://www.facebook.com/groups/190690911444904/>

\*This is a secret group, so please send an email to [info@emptyarmsls.com](mailto:info@emptyarmsls.com) if you would like to be added.

**Angel Babies of Saskatchewan** (Facebook group) Angel Babies of Saskatchewan is a place for women who have experienced a loss during or shortly after pregnancy to share their personal stories, share photos, and information on how they have honoured the baby they have lost.

<https://www.facebook.com/groups/823631057649950/>

**SOBBS- Stories of Babies Born Still** – (Facebook group) Closed support group. Families will need to send a request to join as well as an explanation of the connection to the stillbirth community. <https://www.facebook.com/groups/SOBBS/>

\*Empty Arms programming

## Counselling Services

The counsellors listed below have indicated that they offer specialized support to clients dealing with infertility, women's issues, postpartum depression, bereavement, and/or grief and loss. **Please note:** We do not claim to have any personal or professional experience with these counsellors. We encourage you to visit their websites and read through their profiles before making a decision. Other resources that provides profiles on counsellors are [www.skcp.ca](http://www.skcp.ca), [www.theravive.com](http://www.theravive.com), and [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).

In order to get the most out of therapy, it is important to feel a comfortable connection with your therapist. Remember, you may not necessarily feel a connection with the first counsellor you have chosen. Please do not let that discourage you. You have made the very important first step of seeking help, do not give up. Despite your grief, you deserve to feel happy again.

Aspire Too Counselling and Professional Services- [www.aspiretoo.ca](http://www.aspiretoo.ca) 306-281-7756

Dr. Phil Carverhill- 306-651-7445

Lynn Corbett- [www.corbettmills.ca](http://www.corbettmills.ca) 306-220-1613

Susan Derry- [www.bridgecounseling.net/susan-derry/](http://www.bridgecounseling.net/susan-derry/) 306-222-9741

Marian Duncan- [www.freewebs.com/marianscounsellingcentre/](http://www.freewebs.com/marianscounsellingcentre/) 306-665-3845

Mary Lou Fletcher- [www.family-counselling.ca](http://www.family-counselling.ca) 306-652-3121

Christine Gatzke- [www.clc-apathtohealing.ca](http://www.clc-apathtohealing.ca) 306-380-7284

Peggy Gossen- [www.peggygossencounselling.com](http://www.peggygossencounselling.com) 306-373-5252

Brenda McCarty- [www.mccartycounselling.com](http://www.mccartycounselling.com) 306-280-9940

Anna Nagy- [www.familyservice.sk.ca](http://www.familyservice.sk.ca) 306-244-0127

Jessi Nesbitt (Illumina Fertility Counselling & Consulting) [illuminafertility@outlook.com](mailto:illuminafertility@outlook.com)

Judy Pope (Hope in the Midst Counselling)- 866-821-1810

Bonny Peng- [www.bridgecounselling.net](http://www.bridgecounselling.net) 306-222-9741

Dave Pippin (Catholic Family Services)- [www.cfssaskatoon.sk.ca](http://www.cfssaskatoon.sk.ca) 306-244-7773

Dr. Jerry Richards- [www.summitcounsellingsaskatoon.ca](http://www.summitcounsellingsaskatoon.ca) 306-652-3787

Dustin Reekie- <https://www.cadencepsych.net/> 306-291-0900

[CFS Saskatoon](#) CFS Saskatoon charges fees for service based on a sliding scale.

[Mental Health & Addictions Services](#) The Saskatoon Health Region offers mental health and addictions services free of charge. No referral needed, you may call centralized intake and they will schedule you in for an assessment, in order to determine what your needs are.

## **Websites**

**A Place to Remember** – Support materials & resources for those who have been touched by a crisis in pregnancy or death of a baby. Jewelry, gifts, ornaments, baby announcement cards, literature, music, etc.

**BabySteps** - Website aims to care for the support and informational needs of bereaved parents and their communities.

**Carly Marie Project** – Carly Marie offers various projects, memorials and healing opportunities to honor the brief life of your child.

**Face of Loss, Faces of Hope** – Pictures and stories of other loss moms, in the hope of bringing you a tiny bit of piece in your grieving journey.

**First Candle** - No matter how deep your grief and how great your pain, remember that you are not alone. First Candle, along with others who have traveled this road before you, are here to help you through the difficult time following the death of your baby.

**Franchesca Cox** – Founder of Still Standing Magazine and creator of online workshops for intentional grief work through art therapy, journaling, community, and self-care for bereaved mothers. Her blog is a “sprinkling of all things that have caught {her} attention since finding {her} path after loss – healing, art, holistic living, essential oils, fitness and real, authentic faith.”

**MISS Foundation** – An organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.

**Still Standing Magazine** – An online magazine with contributions by various authors touched by the death of a child through miscarriage, stillbirth or infant death

**Stillbirthday.com** - If you are miscarrying or found out that your baby is not expected to survive past delivery, the website walks you through a path of informational links specific to your situation.

**Reconceiving loss** – An online resource center for coping with pregnancy and infant loss. Giving families the opportunity to heal, reflect and share.

**The Love & Loss Project** – Created by a registered social work therapist and loss mom. The Love & Loss Project is an online comfort and inspiration station for people who have lost a baby, pregnancy or child.

**Grief – General** *Perinatal Loss Support*

**AfterTalk** - Online Grief Support - Because when a loved one leaves us, the grief can be overwhelming.

**Centering Corporation** – Grief resources, book and many, many loss materials. For many different types of losses.

**GriefWatch** - As part of its mission to serve the bereaved, Grief Watch publishes, books, videotapes, audiotapes and other helpful resources aimed at persons who have suffered loss.

**What's Your Grief** – Online resources with numerous articles and podcasts on various types of grief and loss.

## **Some Memorial Item Sites**

**BABY BOARDS-** Misty Palka Nielson began her company in 2012 after losing a child to Anencephaly. She makes wooden plaques, memory boxes, Christmas decorations, car decals, necklaces, key chains, and much more. [www.facebook.com/babyboards](http://www.facebook.com/babyboards)

**REMEMBERING OUR BABIES KEEPSAKE BOUTIQUE-** Carries a wide variety of loss memorial items and keepsakes. [www.rememberingourbabies.net](http://www.rememberingourbabies.net)

**THE SACRED SEASHORE-** Created in memory of their stillborn son, the creator of The Sacred Seashore creates personalized memorial photographs. These beautiful photographs are taken on a beach in California. [www.thesacredseashore.com](http://www.thesacredseashore.com)

**TINY DREAM SHOP-** Handcrafted miniature keepsakes and memorials. Items include “micro-sculpts, painted pebbles, and tiny canvas art”. [www.facebook.com/tinydreamshop](http://www.facebook.com/tinydreamshop)

## **‘Free of Charge’ Memorial Items**

**EDEN’S WINGS-** Started in memory of Eden, who gained her wings in 2012. Eden’s Wings creates personalized memorial bracelets for bereaved mothers. There is a lengthy waiting list. [www.facebook.com/edenswings](http://www.facebook.com/edenswings)

**HELD YOUR WHOLE LIFE (HYWL)-** An organization created in memory of Asher Finn, HYWL makes personalized necklaces and key chains to honour babies who have died. There is no charge required to receive a necklace OR a keychain, other than S & H. You must submit a request and then will be placed on a waiting list. [www.heldyourwholelife.com](http://www.heldyourwholelife.com)

**MOLLY BEARS-** A non-profit organization that creates personalized, weighted bears for bereaved families. There is a small charge when putting in a request and there is a fairly lengthy waiting list. [www.mollybears.com](http://www.mollybears.com)

\* If you have any questions, concerns, or have a recommended addition for our resource list, please send an email to [info@emptyarmspls.com](mailto:info@emptyarmspls.com)

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