

# GETTING THROUGH **THE HOLIDAYS** AFTER PREGNANCY & INFANT LOSS

## Saturday, Nov. 19 | 10a-12pm

### Each fall, we honor Pregnancy and Infant Loss Awareness Month

It can help to release or prepare before big events during the fall and winter holidays, so we can be more present when the time comes. Here, join others who 'get it,' in a tender, safe space after having a loss, whether miscarriage, stillbirth, or any kind of pregnancy/infant/child loss.

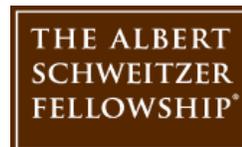
Laugh. Cry. Grieve. Share.  
Or sit & just breathe in good company.

The holiday season can be tough after a loss. Come for **practical tips** and join local parents who share this experience.

- **Chicago Family Health Center | South Chicago**  
9119 S. Exchange Ave. | Parent Education Room
- No cost to attend | Free parking in the lot
- No matter how recent or long ago the loss
- Light refreshments & support resources provided
- Bereaved moms, partners, grandparents welcome
- Accessible by car, bus, and train  
(Metra Electric to bus 71 or Red Line to bus 30 or J14 to bus 30)



special  
thanks  
to our  
hosts



Out of sensitivity to the grief experienced,  
this particular gathering space is for adults only.

If you are interested in a family-oriented gathering of this kind, you are also welcome to attend our next family art-making memorial event:  
Saturday, Dec. 3rd | 10:30am-12:30pm  
YWCA on 6600 S. Cottage Grove Ave.



**To RSVP: Text (312) 476-9637  
by Wednesday, November 16**

**Facilitators will be represented to support  
both bereaved mothers and bereaved fathers.**

#### About this initiative:

The MyEvergreenBaby project aims to bring increased access to perinatal loss support at rotating sites throughout Chicago. Each seasonal session is uniquely tailored to the host site community, whether through group discussions, memorial services, or individual/community art-making. Made possible by local bereaved parents and the Albert T. Schweitzer Fellowship.

**If interested in the above or in hosting a future gathering,  
contact: myevergreenbaby @ gmail.com or call (312) 476-9637**