

PREGNANCY AND INFANT LOSS MONTH

grief comes in waves

Date and Time

Thursday

October 15th

6:30-8:00 pm

Preparation

If you haven't used Zoom Meetings before, you may want to check out the site

[HTTPS://ZOOM.US](https://zoom.us)

in advance to create an account and ensure you can join a meeting easily.

ZOOM log in

MEETING ID

95067724612

Please keep your microphone muted during the ceremony; unless you are speaking.

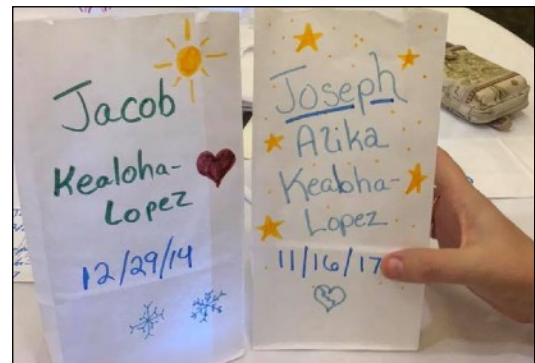


Join us for our remote Remembrance Ceremony

Please join us on Zoom to honor all babies lost too soon.

Our theme this year is ocean waves. Grief comes in waves and we are often surprised by their depth and frequency. Together we can stop treading water and begin to swim. We hope the enclosed memento will help remind you to keep swimming!

Please decorate your luminary bag in advance of the ceremony. Many people choose to write names and or dates on their bags, while others create art and symbols of their own. Darker colored markers work well to create shadows visible when the small battery operated candle is placed inside the bag. It is helpful to dim or darken the room for best viewing of your creation!



Ceremony Schedule of Events

The first half hour of the ceremony will be time for introductions and chatting with our music therapist. You will have an opportunity to tell her a little about your experience if you would like, and she will create a personalized song to close our ceremony with. There will then be a reading or two.

At 7 PM, at the time of the International Wave of Light* we will all turn on the lights in our luminary bags and place them in front of our computer camera. It may be helpful to darken your room to get the best effect. participants will be offered an opportunity to say a few words, or just say their child's name or a date, if they would like.

After the luminary presentation will be a moment of silence followed by a slide show. if you have photos you would like included in the slide show please email them to Courtney Bellino at courtney.e.perrin@gmail.com before October 10th.

Our music therapist, Rebecca Gildea, will close the evening with her custom song.

We hope you enjoy the event.

*The International Wave of Light invites baby loss families, friends, loved ones and supporting organizations from around the world to join in honor and remembrance of all loved and longed for babies gone too soon on October 15 at 7:00 pm in all time zones.

Bereavement Cradle Fundraiser

Wentworth-Douglass Hospital is proud to be changing the experience of loss. A big part of that is our commitment to giving parents as much time with their baby as they need before they have to say good bye.

A Bereavement Cradle is an in-room cooling unit that is disguised inside a bassinet that looks just like the normal hospital bassinets. The cooling plate allows the family to keep their baby with them in their own hospital room for the duration of their time together. It is so simple for staff to operate. Just plug it in; no water to add, no fussy assembly or break down. It helps everyone have more time to focus on the family.

<https://charity.gofundme.com/o/en/campaign/wdhwad/amypeterson43>

Your tax deductible donation, in any amount, toward a new bereavement cradle is welcome. Make it in honor of your baby and have a date or name inscribed on the memorial plaque.

Feel supported all year long

We have an active and consistent support group that meets on the first Thursday evening of the month. In person at WDH (pre-Covid) we generally do service projects or crafts while having supportive discussions and learning new coping skills. Currently we are meeting on ZOOM, but hope to be back in person soon! Join our group of supportive peers and find a tribe to walk beside on your journey through grief. We welcome those with recent losses as well as those who bring



experience of managing grief long term. For more information contact lyndi.sargent@wdhospital.org or join us on facebook in our group. facebook.com/groups/copingwithperinatalloss