

Healing After Miscarriage

\$20.00

Free Childcare - pre-registration required Free Childcare - pre-registration required

It can be painful to intentionally move toward grieving the loss of your baby. This class is for anyone who has experienced a miscarriage whether you attend individually as a woman, man or as a couple.

The class focuses on emotional and spiritual realities of losing your baby and healthy ways to process the loss, no matter the scenario.

Discussions include

- Steps after losing your baby.
- Understand your Loss
- Loss Experience & Emotions for Women, for Men
- Growing through Griefing
- Your Relationship with Yourself, Others, and God

The weekly group time provides a space where we can feel safe to be ourselves and be supported by the facilitators and other participants. Registration will close after week one to ensure a safe environment for sharing within the group each week.