

Grieving the loss of a baby

During pregnancy or the first year of life

During this time of profound loss, our entire care team extends its deepest sympathies to you. We have put together a list of resources you may find helpful as you navigate each stage of your grief. We hope they will help you find the support and information you need, when the time is right.

Psychological and social support

You are eligible to receive psychological and social support from your CLSC. If you have given us permission to contact your CLSC, a caseworker will call you in the next few days.

To get support, or if you feel the need to talk to someone, at any time:

- Call 811
- Contact a crisis centre in your area, such as Le Tournant or La Maison sous les arbres.

Support groups

You can also get support from groups for grieving parents



Paroles aux anges

This group supports parents who have lost a baby during pregnancy or in the first year of life. You can attend group meetings or obtain individual support.



Parents d'un ange

This private Facebook group is a place where grieving parents can connect with one another and find support, no matter how old your child was when they passed. Group meetings are held once a month.



Parents Orphelins

This association supports parents who have lost a baby during pregnancy or shortly after birth.



Support for siblings

Children process the death of a loved one in their own way. The following resources can help you support them through their loss.



La Maison des petits tournesols

This organization provides support to children and teens after the death of a loved one.



RECOMMENDED READING

Books can also help you talk to your child about the death of someone close to them. For example:

- *La petite cabane au creux de mon cœur*, by Nathalie Bossé (Éditions Ton Livre Ton Histoire by Chapeau Melon)
- *Tu vivras dans nos cœurs pour toujours*, by Britta Teckentrup (Éditions Larousse)
- *What Happens When a Loved One Dies?*, by Dr. Jillian Roberts



Notes