



PREGNANCY AFTER LOSS

Full Circle's perinatal bereavement services program is proud to bring you a Pregnancy After Loss support group with different topics to explore this complex experience of motherhood. Led by social work clinicians with lived experience, the group will explore various topics bi-monthly, allowing for connections with others, therapeutic activities, and group discussions. We welcome bereaved mothers who are trying to conceive or currently pregnant.

2nd and 4th Wednesday of each month

6:30-8:00pm

Full Circle Grief Center

10611 Patterson Ave, Suite 101

Richmond, VA 23238

Group Topics

January 15th	Coping with Anxiety with Panel Discussion
January 29th	Embracing the " <u>and/both</u> " Dichotomy
February 12th	Keyword: Rainbow Baby
February 26th	Alleviating Blame, Shame, and Guilt
March 11th	It's YOUR Journey
March 25th	Self-Care and Boundaries
April 8th	The Vulnerability of Joy
April 22nd	Honoring Your Family Unit
May 13th	Support and Communication (Partners are welcome)

The group is offered free of charge. Registration is required.

To register, contact Carrie Schaeffer, our Perinatal Bereavement Services Manager, at 804.912.2947 Ext. 115 or carrie@fullcirclegc.org.