

Finding Healing After Miscarriage, Stillborn, or Infant Death

I. Background & Introductions

- a. Charlie introduces himself and gives his background
- b. Bill & Wendy tell their story

II. Defining Grief

- a. Charlie- discuss the clinical and practical definitions
- b. Bill & Wendy- talk about what has really been lost- not just a baby but a lifetime.

III. Dragging Your Grief Into the Light

- a. Charlie- discuss how the world has conditioned us to view the death of an unborn child
- b. Bill & Wendy- things we've heard that show people just don't understand
- c. Bill & Wendy- discuss how grief affects men and women differently
- d. Bill & Wendy- discuss how shared grief is unique and its impact on a relationship

IV. Allowing God to Heal You

- a. Charlie- discuss how to bring God into your healing
- b. Charlie- discuss tools and programs available from the Church
 - i. Mass/memorial, options for remains, Elizabeth Ministry
- c. Bill & Wendy- discuss what has helped in their healing
 - i. Prayer as a couple, Good Shepherd Garden, support from others, counseling/therapy

V. Moving Forward

- a. Trusting God again (Charlie)
- b. Pregnancy after a loss (Bill & Wendy)
- c. Remembering your child- dates, events, keepsakes (Bill & Wendy)
- d. How to talk about your child with your spouse (Charlie, Bill & Wendy)
- e. How to talk about your child with others (Charlie, Bill & Wendy)