

# Holidays

November 2018, Volume 24, Issue 11

## Coping with the Holidays

*By Anonymous*

Written in September 2016

The first Christmas after we lost our daughter I successfully pretended the holidays did not exist. Hiding inside our home, ignoring the phone and invitations for gatherings was perfectly acceptable. No one knew what to say to me anyway.

The second Christmas we attended one small family event. We exchanged gifts with our immediate family and conveniently ran out of time to put up a Christmas tree or mail Christmas cards.

By the third year, I felt the unspoken pressure to return to the holidays. I spent way too much time trying to create photo cards that didn't glare with the loss of my daughter. I swallowed tears through decorating the tree, never managed to put up Christmas stockings and cried to and from every holiday get-together.

This year will be our sixth year without Hadley and while there is part of me that misses the "free pass" we were given the first year or two to grieve, I have learned to like the holidays a little again. There are a few small things that I have done over the years to cope with the holidays:

1. Buy something meaningful. Every year I find something that is just for Hadley. An ornament, a figurine, a donation to a little girl who is less fortunate. Making a conscious effort to buy something in her name makes me feel like I'm giving her a present, even though it is not the stack of gifts under the tree I had once imagined.
2. Include my daughter. It took me years to buy a stocking for her because I couldn't imagine it hanging empty on our fireplace but I have felt comforted by it sitting exactly where it should ever since I bought it. I like that other people see it and the reminder it gives everyone that she is never far from our hearts.

*Continued on page 3*

---

### *In this issue...*

- "Coping with the Holidays," by Anonymous, page 1
- Upcoming Events, page 1
- "Holidays are better when I choose to be kind to myself", by Anonymous, page 3
- Our Children Remembered and Love Gifts, pages 4 & 5
- Holiday Teardrop Ornament Order Form, page 6
- Meeting schedule, page 7

## BRIEF ENCOUNTERS

Support for bereaved parents of pregnancy and infant loss

### Upcoming Events

#### HOLIDAY REMEMBRANCE EVENTS

Children: Saturday, December 8, 2018, 10am-12pm  
Join other families at the Peace House for this holiday gathering to honor and remember siblings who have died.

Adults: Monday, December 10, 2018, 7pm-9pm  
Join others in the Brief Encounters community at the Peace House for the annual holiday remembrance ceremony for parents and adult family members. The ceremony will include special readings, songs, and poems to honor our children who have died. *Please note this ceremony takes the place of the regular second Monday meeting.*

Do you have a reading, song, poem or other piece you would like to share at the ceremony? Please contact Rachel at [RachelM@briefencounters.org](mailto:RachelM@briefencounters.org)

#### Photos for Holiday Slide Shows

We have created a slide show of Brief Encounter's babies for the holiday remembrance events and welcome pictures of your babies, alone, with you, with siblings, or if you have no pictures, a picture of something that represents your baby(ies) to you. Please submit photos via email by December 1st to [events@briefencounters.org](mailto:events@briefencounters.org). If you have submitted a picture in the past, it will continue be included.

#### Brief Encounters Board Meeting

The Brief Encounters Board would like to welcome you to our upcoming meeting on Monday, November 19<sup>th</sup> at 6 pm. There are many opportunities to get involved in our work and we would love for you to join us as we move forward. We are especially in need of volunteers for our holiday events! Additionally, there are several board positions currently available. Even if you simply want to come and listen, we hope you will attend. We ask that volunteers be one year out or more from your loss. Board meetings are held on the third Monday of each month at Sunnyside Community House, 3520 SE Yamhill, Portland. Contact Board Chair Rachel with questions at [RachelM@briefencounters.org](mailto:RachelM@briefencounters.org)

#### Children's Memorial Day Candlelighting Service at Riverview Cemetery

Each year, River View Cemetery joins sites all around the globe that participate in the National Children's Memorial Day event. To commemorate this special day, we will have our service in the Adams Chapel. If you have a picture of your child of any age that has passed and would like to share with us for a slideshow presentation, please contact Jessica Repp at 503.246.4251.  
Sunday, December 9<sup>th</sup> 7:00 pm Adams Chapel  
0300 SW Taylors Ferry Rd, Portland

## *Introducing your new editors...*

Hello from your new editors, Nicole and Laura. We would like to tell you a little bit about ourselves and our loss journeys. In the spring of 2012, we both experienced the devastating losses of our precious children. Laura's daughter, Claire, was born March 16<sup>th</sup> and, after living for a few tenuous weeks in the NICU, died April 13<sup>th</sup>. Nicole's son, Braxton, was stillborn on April 25<sup>th</sup>. We both attended Brief Encounters the following summer and met each other in the fall at the Subsequent Pregnancy group. We became friends and got through our first holiday season without our children by leaning on each other, our families, and the Brief Encounters Community. Navigating the holidays during the first year after loss can feel overwhelming. We hope that you find ways to be gentle to yourself and include your baby(ies) in your traditions.

Nicole Keeler and Laura Klyzek  
Mothers of Braxton, Claire, and their siblings

## *Upcoming newsletter topics...*

December

### NEONATAL LOSS

Whether your baby was here for a few hours or a few months, how did you say goodbye to your little one so quickly after saying hello? Share your story with us to help others on their grief journey.

January

### NEW YEAR, NEW NORMAL?

In the New Year, we are told to "start fresh" and form resolutions. After your loss, did you find yourself starting over? What changes did you need to make to find your new normal?

## *Newsletter Submissions*

We welcome and encourage submissions to the newsletter. Submissions may be published anonymously if requested. Sharing your story can provide healing and comfort for you – and other parents. The editor reserves the right to edit and select from the materials submitted. Views and opinions expressed in this publication are not necessarily those of Brief Encounters, but those of the individual authors. Please send titled articles and submissions to:

[newsletter@briefencounters.org](mailto:newsletter@briefencounters.org)

Newsletter printing provided by AnchorPointe

## **BRIEF ENCOUNTERS**

2116 NE 18<sup>th</sup> Ave., Portland, OR 97212

Message Phone: 503-699-8006

Web: [www.briefencounters.org](http://www.briefencounters.org)

Twitter: [twitter.com/briefencount](https://twitter.com/briefencount)

Facebook: [private/closed groups Brief Encounters](#)

[Pregnancy and Infant Loss Support](#) and [Brief Encounters Parenting After Loss](#)

Established in 1992 by a group of parents, Brief Encounters is a non-profit, non-sectarian support group for parents whose babies have died before, during, or after birth. At informal, mutually supportive meetings, bereaved parents and their families share their stories, discuss issues that arise from pregnancy and infant loss, and remember their children. Through talking or just listening, we learn what grief is --- and how, through understanding and caring, we heal.

### EXECUTIVE BOARD AND STEERING COMMITTEE

Chair: Rachel Murfitt

Co-Chair: OPEN

Advisor: Pat Schwiebert, RN

Treasurer: Sandy Faber

Secretary: Laura Klyzek

Database Manager: Megan Wright

Newsletter Editors: Nicole Keeler and Laura Klyzek

Web Site Manager: Lucas Klyzek

Members at Large: OPEN

### MEETING AND PHONE FACILITATORS

Daniele Riehl, Pat Schwiebert, Heather Smith, Megan Wright, Shannon Stemm Patel, Laura Klyzek

### HOSPITAL LIAISONS

Raina Dey, Fawn Harris, Cheryl Miller, Rachel Murfitt, Shannon Stemm Patel

### BOARD MEETINGS

Board meetings are conducted monthly each third Monday at Sunnyside Community House, 3520 SE Yamhill, Portland. Those interested in volunteering are welcome to attend. Please email inquiries to [RachelM@briefencounters.org](mailto:RachelM@briefencounters.org).

### LOVE GIFTS

Love Gift submission form available on page 5. For Love Gifts to be acknowledged in a specific newsletter issue, we must receive it by the 10<sup>th</sup> of the prior month.

**CHANGE OF ADDRESS OR REMOVAL FROM MAILING LIST**  
Please contact our database manager Megan Wright at 503-646-1335 or by email at [database@briefencounters.org](mailto:database@briefencounters.org).

### OUR CHILDREN REMEMBERED: INCLUSIONS OR CHANGES

Please contact our database manager Megan Wright at 503-646-1335 or by email at [megan.k.wright@comcast.net](mailto:megan.k.wright@comcast.net). For children to be remembered in a specific newsletter issue, we must receive your request by the 10<sup>th</sup> of the prior month.

### SAFE ARRIVALS

Please send Safe Arrivals to [newsletter@briefencounters.org](mailto:newsletter@briefencounters.org).

## Coping with the Holidays

*Continued from page 1*

3. Find new ways to do things of the past. My mind was stuck on the wording of our Christmas cards and holiday photos so much so that I skipped them all together. The past few years I have signed our cards “from the kids” instead of wavering between including Hadley’s name or not and I’ve used collage photos instead of a family photo because I’m just not ready for one without her.

4. Give yourself a break. There are things I’ve learned I just can’t do anymore so I don’t. Huge holiday parties are too much for me and visiting with people who are likely to say something insensitive isn’t something I enjoy either so I’ve crossed both off of my list. It took me a little while to not give excuses and just be okay with saying “no” but I’ve learned that setting boundaries is the key to maintaining my sanity.

5. Connecting with other loss moms. I can’t put into words how important it has been to have a few women to go to who understand my grief. Even if it’s a quick text to say “I cried over cookie-making” or “I made it through tree decorating,” knowing there are people out there who are in my shoes and don’t need a long explanation for my tears, or lack of, is a lifesaver for me during the holidays and we all lean on each other a little bit more this time of year.

*Originally published on StillStandingMag.com*

## Holidays are Better when I Choose to be Kind to Myself

By Anonymous

November 2010, I celebrated my last blissfully untainted Thanksgiving. It was the final big holiday before my innocence was lost to profound grief. Sitting around my mother-in-law’s dining room table, we all took turns saying for what we were thankful. When my turn came, I lovingly placed my hand on my slightly swollen belly and said, “I’m thankful for this little one. I’m excited to meet the baby and to have her with us for the next Thanksgiving.” As I uttered those words, I had no way of knowing that our daughter would not make it to her May due date, let alone the new year. Only four weeks after that family meal, we learned our daughter had severe abnormalities. Within minutes on that ultrasound table, we went from a healthy baby girl to a tiny human riddled with developmental issues.

The high-risk doctor stated the dreaded words: “this fetus is not compatible with life.”

Our daughter would never join the family in a tangible way. We would never pack her small suitcase and load her into the car for a road trip to her grandparents’ house.

We would never peruse the aisles of the toy store finding just the right doll. We would never see her pile heaps of mashed potatoes and turkey on her plate or hear her giggles as she licked the whipped cream off her pumpkin pie. We would never hear her cheerful cries upon seeing the presents Santa left for her. We would never watch her learn to love giving more than receiving. Yet, despite her noticeable absence, her spirit in my soul defies death itself.

From the moment we lost our daughter, I had a choice. I could loathe every holiday and drown in the pitiful fantasies of what could have been. Alternatively, I could honor my daughter by remembering her, acknowledge and embrace the sadness that ravaged my soul, and work toward finding that elusive peace I once held.

Her unknown disorder, premature birth, imminent death, and the obligatory grief were all out of my hands. The external events that invaded my world were now dominating my thoughts, feelings, relationships, and my life. As my rational mind, my peace, and my happiness floated further away from my grasp, I wondered: *Do I control my brain or does it control me?*

Thoughts are lucid; I form them at will and make hundreds of choices a day. Allowing a truce with my broken heart was greater than just one more choice—it was my most important one. Permitting myself to find peace with her life was crucial in knowing that I was in control again.

Holidays are superficial; capitalism mandates that we spend extravagantly on items we do not need or want. Our self-righteousness demands we fight with family over what movie to watch. Our egos worry that our decorations will not measure up to our neighbors’ or our baking skills will not match our colleagues’ in cookie exchanges. Having participated in this holiday culture, I was no different. I loved presents, decorations, and all the materialism that followed. But it was the loss of my daughter that was the gift I did not know I needed—one that few of us receive.

With this gift, I fully comprehend that life is so much more than a few days, designed to make us happy, splattered throughout the calendar. I dug deep, found kindness for myself, and discovered the purest love for a baby that was never meant to be here on earth. I realize, that even if I do not like it, it is okay that she is no longer with us; I keep her alive in my dreams, my memories, my thoughts, my writing, and my heart. She had grown in my body, found refuge in my womb, and died peacefully in my arms. For these things, I am proud. When I chose to see just how exceptional of a mother I was, I could extend kindness to myself.

This self-benevolence makes me realize I no longer rely on external experiences for happiness. I now trust myself to nurture my own well-being. *Continued on page 6*

## Walking Through Grief Together

By Tanya Lord

The path of grief stretched out before me  
I knew that I needed to take the first step  
But I stood awhile waiting and watching  
Waiting for the life before to continue

Tears filled my eyes as I waited  
There was only this path for me now  
I took a tentative step, shaking and scared  
Loneliness surrounded me on this path

A hand came from ahead to grasp mine  
I traveled hand in hand with that hope  
Though still sad I wanted to help  
And hope grew as I reached for the hand of another

Originally posted on [thegrieftoolbox.com](http://thegrieftoolbox.com)

## Love Gifts

Donations to Brief Encounters help us to maintain our outreach to bereaved families through this newsletter, support groups, and other resources. Often Love Gifts are given by a family in memory of a child who has died. Others may wish to give a general donation, or give thanks for their own living children. We acknowledge gifts here without reference to amount given.

Brief Encounters is a non-profit 501©3 organization; therefore, no gift is too small. Each donation goes a long way toward printing brochures, maintaining the Brief Encounters website, providing monthly meetings, performing outreach to healthcare providers, mailing this newsletter, and many other ways we seek to care for bereaved parents.

This month, we thank the following donors for their generosity and love:

In loving memory of **Oliver Llewellyn Freeman**. Happy Birthday, sweet Oliver! Fifteen years have passed and your star continues to shine brightly, in our hearts and in our lives, each and every day. You are loved and missed so very much, beautiful boy. Sweet gentle kisses, from your mummy, your brother Jack, and from your Nana Dawn and Grandad Pidge too!  
xxx Janine Twining & Jack Twining Freeman

**Ongoing Gift:** The internet service for the Brief Encounters Web site is provided by the Wedin Ohana out of love for **Marina Alyssa Wedin**, beloved daughter and sister.

## Love Gift Donation Form

Enclosed is a donation of: \$  
In memory of:

Message to be included in the newsletter with your donation acknowledgement:

Birth date:                      Death date:

Donated by:

**Please consider your employer's matching gift program when submitting a donation. To receive a receipt, please provide your return address:**

I wish for my gift to remain anonymous.

Please assist us in reducing the chance of errors or omissions by sending your Love Gift message with this form. Please **do not** send your message separately to the editor or database manager.

Name(s) of Parents:

Thank you!

**Send form and payment to: 2116 NE 18<sup>th</sup> Avenue, Portland, OR 97212**

Checks can be made payable to Brief Encounters. For credit card payments, please provide the following:

Name as it appears on card:

Credit/Debit # \_\_\_\_-\_\_\_\_-\_\_\_\_-\_\_\_\_ Exp date \_\_-\_\_ CVC# \_\_\_\_

Please note: For Love Gifts to be acknowledged in a particular newsletter issue, we must receive it by the 15<sup>th</sup> of the prior month (example: June 15<sup>th</sup> for July issue).

BRIEF ENCOUNTERS is a non-sectarian, non-profit organization recognized as tax-exempt under Internal Revenue Code section 501(c)(3), Federal ID #45-4822283.

## Holidays are Better when I choose to be Kind to Myself

*Continued from page 3*

As this holiday season approaches, so does the seventh anniversary of our daughter's death. I began the process of making my choice to fight the hurt and anger the night after our daughter passed. That first evening home from the hospital was unbelievably lonely. Yet, it was still her birthday and we chose to honor it. My husband and I scrounged up two drinks from our barren kitchen and clinked our glasses. Our grief was still fresh, but we found the space to usher in the love.

Each year, we bring out her pictures, her memento book, and the only miniature dress she ever wore. Choosing to be kind to myself does not dismiss the sadness. As it is impossible to completely diminish the "what-ifs", the grief hangs on. Choosing happiness does not erase the anguish. Heartache shows up unexpectedly, and sometimes it hits hard. Choosing to be kind to myself does not mean I deny my right to cry. The grief is still welcomed because without it, I would not be the mother that I am.

Being kind to myself means it is okay to feel it all.

*Originally published on StillStandingMag.com*

## Teardrop Ornament Order Form

Once a year we ask you to update our records and verify that you want to continue to receive the newsletter. We would also be grateful if you would include a "love gift" at this time. Your gift is tax deductible.

To order your personalized ornament, please fill out the following information:

(Suggested donation of \$20.00 for each ornament)

Your baby's name as you would like it to appear on the ornament:

\_\_\_\_\_  
Baby's birthdate \_\_\_\_\_ death date \_\_\_\_\_ Your name \_\_\_\_\_  
Street address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_  
Number of ornaments \_\_\_\_\_ Amount enclosed for ornaments \_\_\_\_\_  
Love gift \$ \_\_\_\_\_ Total enclosed \_\_\_\_\_  
Credit/Debit # \_\_\_\_\_ Exp date \_\_\_\_/\_\_\_\_ CVC# \_\_\_\_\_  
Phone number (\_\_\_\_) \_\_\_\_\_

Ornaments will be available to pick up at the annual Holiday Remembrance Gathering on Monday, December 11<sup>th</sup>, 7pm at the Peace House 2116 NE 18<sup>th</sup> Ave.

If you are unable to attend, we can box and mail the ornaments for an additional \$8.00. Make checks payable to Brief Encounters and mail to: Brief Encounters c/o Heather Smith, 421 Park Dr., Oregon City, OR 97045 or if you are paying by debit/credit card, you can email the form to HeatherS@BriefEncounters.org.

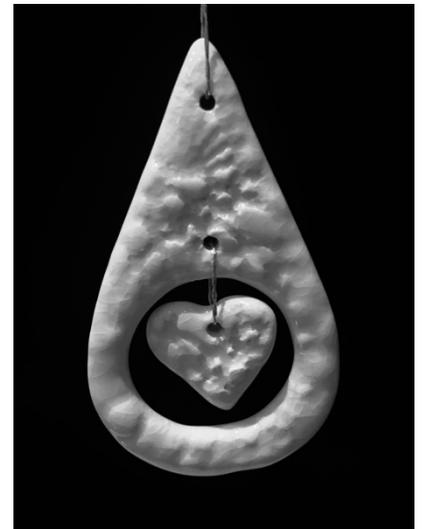
Do you wish to receive the monthly newsletter?

Do you wish to receive the monthly newsletter?

Yes \_\_\_\_\_ No \_\_\_\_\_

I am enclosing my Love Gift in the amount of \$ \_\_\_\_\_  
in loving memory of:

\_\_\_\_\_



## BRIEF ENCOUNTERS MEETINGS

Our support group meetings are a safe place to talk about your child, your loss, and your grief. You are welcome to share, or just listen. A facilitator guides the meetings.

For more information or directions, please call 503-699-8006.

### PARENTS OF INFANT LOSS & PREGNANCY LOSS, INCLUDING EARLY PREGNANCY LOSS

Out of consideration for other bereaved parents, we ask that children not attend these meetings. Thank you.

Meets the second Monday of each month, 7:00pm

**November 12, December 10 (Holiday Ceremony)**

Contact: Rachel Murfitt (RachelM@briefencounters.org)

This group also meets the fourth Tuesday of each month, 7:00pm

**November 27, No meeting in December due to Christmas Holiday**

Contact: Daniele (DanieleR@briefencounters.org)

### PARENTS OF PREGNANCY INTERRUPTION DUE TO MEDICAL REASONS

Out of consideration for other bereaved parents, we ask that children not attend these meetings. Thank you. Meets the

fourth Thursday of each month, 7:00pm

**No meeting in November due to the Thanksgiving Holiday, December 27**

Contact: Heather (HeatherS@briefencounters.org)

### PARENTS OF SUBSEQUENT PREGNANCIES, ADOPTIONS, & PARENTS TRYING TO CONCEIVE

Babies welcome. Meets the fourth Monday of each month,

7:00pm **November 26, No meeting in December due to**

**Christmas Eve Holiday**

Contact: Heather (HeatherS@briefencounters.org)

All meetings held at The Peace House, 2116 NE 18<sup>th</sup> Avenue, Portland

## RESOURCES

### *Brief Encounters Online*

#### WEBSITE

The Brief Encounters website [www.briefencounters.org](http://www.briefencounters.org) includes past newsletter issues, upcoming events and announcements, helpful links, numerous resources, support meeting information, etc.

#### TWITTER

@**briefencount** ([twitter.com/briefencount](https://twitter.com/briefencount)) is the Twitter handle to follow for news and helpful links and information about pregnancy loss, infant death, and grief resources.

#### FACEBOOK

*Brief Encounters Pregnancy and Infant Loss Support* and *Brief Encounters Parenting After Loss* are the names of our private/closed Facebook mutual support groups. Because they are private, each group requires approval to join, and posts are hidden from anyone who is not a group member.

*Please remember to take the usual precautions to protect yourself when using any social media outlets, keeping in mind that online communication is never completely private or secure. And remember that everyone who posts or reads will be in different places in their grief, so let's all be mindful and considerate. You can find articles about online safety with a quick online search. Be safe.*

### *Counselor Referrals*

Not all counselors are familiar with the issues that parents face after the death of their baby or during infertility treatment. If you feel like you would like to talk with a counselor, listed below are individuals who have been recommended to us by parents in the BE community.:

- ♥ Gaby Donnell, LCSW, Inner NE Portland  
503-287-2295 [www.mootherootscounseling.com](http://www.mootherootscounseling.com)
- ♥ Teni Davoudian, Ph.D., OHSU  
503-418-4500 [www.ohsu.edu](http://www.ohsu.edu)
- ♥ Britta Dinsmore, PhD, SW Portland  
503-913-4791 [www.brittadinsmore.com](http://www.brittadinsmore.com)
- ♥ Adria Goodness, CNW, PMHNP, SE Portland  
503-224-3438 [www.adriagoodness.com](http://www.adriagoodness.com)
- ♥ Rachel Starck, LPC, North Portland  
503.929.2773 [www.thethrivingmama.com](http://www.thethrivingmama.com)
- ♥ Laurie Cox, LCSW, NE Portland  
503-819-6354 [mootherootscounseling.com/laurie-cox](http://mootherootscounseling.com/laurie-cox)
- ♥ Lauren Marie Barthelemy, LPC, SE Portland  
412-715-2391
- ♥ Debbie Benschung, MSW, LCSW, SW Portland  
503-944-5032 [DebbieBenschung.com](http://DebbieBenschung.com)

- ♥ Tina Lilly, MS, Inner SE Portland  
503-380-0424 [www.foryouaremadeofstars.com](http://www.foryouaremadeofstars.com)
- ♥ Ava M. Stone, Ph.D., PC, SE Portland  
503-279-8160 [www.pacificcenter.org](http://www.pacificcenter.org)
- ♥ Tara May, PhD, Vancouver  
360-904-1008 [www.taramay.com](http://www.taramay.com)
- ♥ Nalini Kuruppu MSW, LCSW, North Portland  
503-753-9157
- ♥ Kari Maljai, LPC, SE Portland  
503.936.7658 [www.pnwbh.com](http://www.pnwbh.com)
- ♥ Brooke Noli, MFT, Inner NE Portland  
971-645-1180 [portlandbirthcounseling.com](http://portlandbirthcounseling.com)
- ♥ Brynna Sibilla, LCSW, Inner NE  
503-280-1101 [www.psychotherapyportland.com](http://www.psychotherapyportland.com)
- ♥ Jennifer Singleton, PhD, PC, Downtown,  
503-242-1558
- ♥ Lynne Phillips-Werbel, LCSW, Beaverton  
503-690-9119 [www.wildwoodpsych.com](http://www.wildwoodpsych.com)
- ♥ Audrianna J. Gurr, MS, NCC, SE Portland 503-522-6327  
[www.gurrtherapy.com](http://www.gurrtherapy.com)
- ♥ The Dougy Center (for bereaved siblings)  
503-775-5683 [www.dougy.org](http://www.dougy.org)

*Editor's note: We would appreciate receiving suggestions, changes, or corrections to any of these resource listings; please send them to the editor at [newsletter@briefencounters.org](mailto:newsletter@briefencounters.org)*

# BRIEF ENCOUNTERS

Support for bereaved parents of pregnancy and infant loss

2116 NE 18<sup>th</sup> Ave.  
Portland, OR 97212

**Message Phone:** 503-699-8006

**Web:** [briefencounters.org](http://briefencounters.org)

**Twitter:** [twitter.com/briefencount](https://twitter.com/briefencount)

Find us on Facebook

Nonprofit  
Organization  
US POSTAGE PAID  
Permit No. 546  
Portland, OR

**Return Service  
Requested**

Postmaster: Dated material, please do not delay

*Holidays*

## **Change of Address or Removal from Mailing List**

Please contact our database manager Megan Wright at 503-646-1335 or by email at [database@briefencounters.org](mailto:database@briefencounters.org).

## **Email Opt In**

Brief Encounters is considering options for electronic delivery of our newsletter in 2019. If you prefer to have your newsletter delivered via email, please send your name, mailing, and email addresses with the subject "Email Opt In" to [emailopt-in@briefencounters.org](mailto:emailopt-in@briefencounters.org).  
*Opting in to the email newsletter will cease delivery of the paper version but continue inclusion of babies' names in Our Children Remembered.*

## **UPCOMING MEETINGS**

### **PARENTS OF INFANT LOSS & PREGNANCY LOSS, INCLUDING EARLY PREGNANCY LOSS**

Meets the second Monday of each month, 7:00pm

**November 12, December 10 (Holiday Ceremony)**

This group also meets the fourth Tuesday of each month, 7:00pm

**November 27, No meeting in December due to Christmas holiday**

See page 7 for a detailed schedule

### **PARENTS OF PREGNANCY INTERRUPTION DUE TO MEDICAL REASONS**

Meets the fourth Thursday of each month, 7:00pm

**No meeting in November due to the Thanksgiving Holiday, December 27**

### **PARENTS OF SUBSEQUENT PREGNANCIES, ADOPTIONS, & PARENTS TRYING TO CONCEIVE**

Meets the fourth Monday of each month, 7:00pm

**November 26, No meeting in December due to Christmas Eve holiday**

All meetings held at The Peace House, 2116 NE 18<sup>th</sup> Avenue, Portland