

Comfort and healing for broken hearts

Bears of Hope Pregnancy & Infant Loss Support offers support and guidance for parents who experience the loss of their baby during pregnancy, birth or infancy. Through the donation of a bear of hope, parents are provided with the comfort of knowing they're not alone from the very beginning and offered significant ongoing support to heal their broken hearts.

We are so deeply sorry for the loss of your baby. Experiencing a miscarriage can affect mothers and fathers in many ways. Your reactions are completely unique to yourself and will depend on the attachment you had with your growing baby.

Initially, you may experience shock, disbelief and denial, or a combination of all three. These are very normal reactions. Your world changed in an instant leaving an awful feeling of emptiness. You may find that you bargain with yourself "if only you had done this or that".

Over the coming days and months your life may become an emotional struggle as you try to deal with this sudden loss whilst you continue to remember, miss and love your baby. You may feel angry, cry often, feel numb or even question your faith.

There is a misconception that because miscarriages are common, it doesn't hurt or isn't as important as a later loss.

Love for an unborn child cannot be measured by how long you carried your baby. It's ok to put you and your feelings first. Take your own time, seek the support you need, surround yourself with those who validate your feelings, and know that you do not have to grieve in silence. This was your precious baby, a life you may have had many dreams and plans for.

Contact us

If you would like to receive a Bear of Hope or would like more information about pregnancy and infant loss contact us today:

Toni Tattis – phone. 0400 475 012

In loving memory of ~my seven angels~

Amanda Bowles – phone. 0439 643 203

In loving memory of ~Jesse Buttons~

Email. contact@bearsofhope.org.au

Post. PO Box 352, Stanhope Gardens NSW 2768

www.bearsofhope.org.au

Support and guidance
for parents who
experience a
miscarriage.



*Hope sees the invisible,
feels the intangible,
and achieves the impossible.*

**bears
of hope®**

Pregnancy & Infant Loss Support

Creating memories

Creating your own beautiful memories may bring you much comfort and help you through the time ahead.

- Name your baby regardless of whether or not you know the sex, a name can always be chosen from the heart
- Plant a garden, tree or flowers
- Donate a bear of hope in honour of your baby
- Write a letter to your baby
- Hold a special memorial service
- Create a scrapbook, memory album or memory box
- Engrave jewellery with your baby's name
- Name a star in honour of your baby
- Get a tattoo
- Keep a journal of your feelings, poetry, letters
- Purchase a Recognition of Life Certificate

Visit our website for more information on creating memories of your baby.

Your journey of healing will be constant and individual. There is no time limit to your mourning as grief can overwhelm your soul for days, months and even years. There is no wrong or right way to grieve and for many who experience such a loss, one's outlook on life will never be quite the same.

Through our program, we hope you will feel comforted, supported, well-informed, and empowered to find hope in your heart again.

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

Helen Keller



www.bearsofhope.org.au

Our website is highly resourceful and informative. We provide information on grief and loss issues, coping with special dates, ideas for holding a memorial service, creating memories of your baby, Bears of Hope and other support services across Australia, information for family and friends, community events and ways to become involved with our program.

Community support groups

Bears of Hope offer monthly informal support group meetings for you to share your experiences and feelings with others who understand and are non-judgmental of your individual grieving needs. They are run by bereaved parents for bereaved parents.

Private online support groups

Bears of Hope have established online support groups to maximize your support network and minimize the isolation and loneliness that can be felt during your grieving journey.

<http://health.groups.yahoo.com/group/bearsofhope>
<http://au.groups.yahoo.com/group/bearsofhopedads>
<http://au.groups.yahoo.com/group/bearsofhopepals>
<http://au.groups.yahoo.com/group/bearsofhopeparentingafterloss>

Healing Hearts newsletter

Bears of Hope produces a quarterly newsletter featuring grief and loss articles, community fundraisers and events, support services, a place to share your story or message of love for your baby, and to keep you up to date with our achievements in pregnancy and infant loss support and awareness.

Annual ball

Each year Bears of Hope holds a charity ball to bring the community together, to create awareness of our organization, and to help us maintain and extend our support services to improve the facilitation of the healing journey for parents. It is a night filled with entertainment, auctions, dancing, dining, and also features a special candle lighting ceremony.

Bears of Hope is passionate about providing early and ongoing support for the 1 in 4 parents across Australia who experience the loss of their baby. The impact miscarriage loss has on parents is often overlooked, however we respect this real loss and offer you a dialogue to share your grief. Honouring your baby allows you to move through your grief and plays an important role in your healing journey.

Remembrance Day

October 15th is International Pregnancy & Infant Loss Remembrance Day – a special day where families throughout the world light a candle to remember and honour their precious babies together.

Donate a Bear of Hope

You may like to donate a bear of hope to another family in honour of your own baby. Please visit our website to purchase our exclusive Bear of Hope. Every purchase enables Bears of Hope to support more families with this lifelong keepsake across Australia.

Online Bears of Hope Drive

If you are looking for a special way for you, your family and friends to honour your baby, you might like to organise a Bears of Hope Drive. For every \$25 you raise, we will donate a bear of hope to a hospital in honour of your baby. You might like to create a Bear Drive leading up to your baby's due date, for a special Memorial Service, Birthday, for Christmas, during October - Pregnancy & Infant Loss Awareness Month, or any other special occasion.

<http://bearsofhope.gofundraise.com.au>

Recognition of Life Certificate

In Australia, the birth of a baby is formally recognised by the Government from 20 weeks gestation with a birth certificate. Bears of Hope have created a Recognition of a Precious Life Certificate for parents who have experienced the loss of their baby prior to 20 weeks gestation. You can purchase one through our website.