



Remembering

I remember you
I have you in my heart
And that is that.
The thing that crippled me for so
long
Is that you will remain
Only in my heart
And not in my life.

They would have forgotten
Had I let them.
I did not.
They are sometimes annoyed
By my insistence on remembering
you.
They don't see it.
See the need for it.
That doesn't seem to matter to me.
You were somebody once.
You were a baby yet to be born
I was going to hold you,
Sing to you, kiss your toes.
But I never got the chance.

And so what they think
Has never mattered
As much as how much I will
always
Remember you.

*Written by Lisa Jeffries
in loving memory of Valerie
UNITE Notes, Fall 1998*

Spotlight on Andrea Devenney



Andrea Devenney has been involved with UNITE since June of 2018. Andrea and her husband (Bill) were preparing for their second child, Anthony. In the early morning hours of May 13, 2018 (Mother's Day), Andrea woke up with sharp abdominal pain. She called her doctor, described what was happening, and the doctor was not initially concerned. After several hours, Andrea's symptoms had worsened. Bill took Andrea to the hospital, where she was admitted. The doctors took an ultrasound, and confirmed to them that Anthony had no heartbeat. Anthony had died at 33 weeks gestation due to a placenta abruption.

Andrea became aware of UNITE when she was in the maternity ward after losing Anthony. A nurse gave her a UNITE flyer and said it would be good for her and her husband to get some more information about infant loss. Andrea was put into contact with Carol, the (then) facilitator of the Riddle support group.

In June of 2018, Andrea (and Bill) attended their first UNITE support group meeting. The facilitators, Carol and Sheila, and the rest of the group members were incredibly supportive and validated their feelings, especially since pregnancy and infant loss is still a taboo topic.

Andrea (and Bill) have continued to attend the support group meetings over the last 5 years. They

have made friends, learned to support other grieving parents in their time of need, have shared their feelings, and most importantly, have found ways to remember and honor their son, Anthony.

In April of 2020, Andrea joined UNITE's Board of Directors as the Recording Secretary. Working at a local non-profit has provided Andrea with years of experience in the non-profit sector. Andrea wanted to use this opportunity to keep Anthony's memory alive, while by being a part of an organization that provides supportive services for grieving parents, just as UNITE had done when she lost her son.

Andrea lives in Havertown with her husband, Bill, their oldest daughter, Kaylee, their second daughter and rainbow baby, Nora, and their angel, Anthony, watching over them.



Professionally Speaking...

by Denise Paul, MA, CT, CPLC

The Invisible Mother/Father

The word “invisible” is an adjective used to describe someone or something that is not visible to the eye. Recently, a newly bereaved mother to an Angel Baby said, “I feel like I’m an invisible mother.” I believe that many parents feel this way. Mothers and fathers of babies who have died before birth feel like invisible parents because they have no child to represent their parenthood. Parents of Angel Babies who have no living children are indeed mothers and fathers – it’s just that their baby is in Heaven. This brings up two important issues:

1. How can I be a mother or father if I have no children? **noun**
2. How do I mother or father a baby that is in Heaven? **verb**

I imagine the invisible mother standing in the midst of a group of friends or family members, waving her arms in the air and saying, “Hey, I am a mother too! Please recognize that I have a child. Please talk about my baby. Please say his/her name.” Mothers of Angel Babies desperately want to be recognized as a mother, and they want their baby to be recognized as a person who is loved and cherished. A mother is someone who loves and cares for her baby. She begins mothering her baby the minute that she learns that she is pregnant. She mothers her baby by eating healthy foods, avoiding harmful substances, like alcohol and tobacco, and getting proper prenatal medical care. She feels like a mother for the entirety of her pregnancy. But what happens if the baby dies?

Used as a noun, the word mother is defined as “A woman in relation to her child.”
The word father is defined as “A man in relation to his child.”

The verbs mother and father mean “To look after with care and affection.” So, how does a person mother or father their baby when their precious baby’s remains are in an urn or buried in a grave?

If they have an urn, parents often create a small shrine in a special place in their home, with mementos and photos of their child. Ultrasound photos are often included. They may also have a memory box, if one was given to them at the hospital. This special spot is cared for with much love and respect.

If the baby is buried in a grave, parents often visit the cemetery and decorate the grave with special toys, stuffed animals, balloons, or flowers. Parents have told me that they care for their baby’s grave as a way of parenting their child. It’s the only way they know how to mother or father their baby.

Invisible parents become more visible to the community by keeping their baby’s memory alive. Some parents get involved with fund-raisers, or even start their own foundation in their baby’s memory. Others donate small gifts to a hospital in their baby’s honor to be used by other miscarried or stillborn babies and their families. Parents sometimes donate a bench, engraved with their child’s name, to a park or a favorite location. Others plant a memory garden or tree in their own yard.

Invisible mothers can become more visible by wearing a piece of jewelry with their baby’s name on it. Mothers

and fathers sometimes get tattoos in memory of their baby. Parents hang Christmas stockings displaying their baby's name. They sign greeting cards with their baby's name included. These are all outward signs that they want to acknowledge and talk about their baby. They make their babies visible.

By engaging in any of these activities, parents become more visible. By saying their baby's name, they are telling the world that this is their child, and they are a mother or father. They are to be seen as such. They are the parents of an Angel Baby. They are not invisible.

*May there be comfort
In knowing that
Someone so special
Will never be
forgotten*

Julie Hebert



*WE TALK about them
Because we refuse to
Let them be forgotten*

My Motherhood Manifesto

By Elizabeth Neal

My Darling Daughter,

Every mother wants to hand her daughter the world—not as it stands, but something better. Something more deserving of her daughter. A world that is kinder, more compassionate, and safer. Sharing a daughter with the world brings up so much fear. Fear of you getting hurt. Being disappointed. Finding heartbreak. Or, worse yet, danger.

But daughter, what I can tell you with certainty is I want you to live—to live freely, to live curiously, to live bravely, to be wild and in your sovereign power. I want you to know and trust yourself so deeply and to bring your light to this world, and to let the universe guide you to uncovering your truths and gifts.

My darling daughter, I want for you...

Freedom

Find freedom in being unapologetically yourself. In knowing the purity of your spirit and the gifts you're meant to bring to the world. Ground yourself in these truths and fully embrace them. Never hide. Never question. Make the choice—both big and small—to live in your truth, no matter who's watching.

Courage

Find courage when it's hard. Tap into your inner fierce warrior and unlock her power. Be scared and do the scary thing anyway. You'll be proud you did. Dream. Be wild. Be you. That's who you're meant to be. That's your unique gift—and that's exactly what the world needs.

Play

Make room for play, joy, creativity, and laughter. Laugh so hard your body hurts. Find joy in the smallest of moments—together they add up to create a full life. Give yourself permission to be playful, silly, and goofy. Be curious. Dance. Laugh at yourself. And share in that laughter with others.

Compassion

Love yourself well—and first, always. Be forgiving, understanding, kind. Give yourself grace when you face doubt or insecurity. Humans are imperfect. Humans fail. Humans are resilient. You can do this—and you will. How you see and treat yourself through adversity is just as important as what you do. Share this kindness with others.

Presence

Slow down enough to fully experience and treasure the gift of life. Follow your breath. Approach the world with curiosity and gratitude. It truly is a wonder—just as you are my miracle. Limit distractions. Focus on being versus doing. And breathe it all in. Treasure love, wonder, and creativity. Pay attention.

Patience

Life will be your greatest teacher. You will have successes and failures—there are lessons to learn from both. Ask yourself what lesson the Universe is trying to teach you. Create space for slowing down to receive wisdom and make time to reflect. Give yourself grace if it doesn't come easily or takes time to learn.

Trust

Let go. Practice humility and understand that you are a co-creator of your path with the universe. Trust in the signs of a higher power to guide you. Trust in your wisdom and intuition—your inner voice, that gnawing feeling in your heart and stomach, unexplainable strong feelings, even the lessons in your dreams. Slow down and be silent enough to listen. This will always take you where you need to go, even if you can't make sense of it quite yet—you will.

Empowerment

Embrace your limitless power. You are a warrior. A goddess. Listen to, trust, and access the wisdom stored in your body. Say no when you mean no. You are the gatekeeper of your time, energy, and resources. Never let anyone drain your light.



Stuck Between Here and There

By: Hali Sklar

For the last three Mother's Days, I have felt stuck between the land of the living and the land of the dead. That's because I have one daughter in my arms while I have another in another world entirely. It's hard to explain such ambivalence to those who don't understand, but here goes:

It feels like...

Having one card short of a full deck

Looking for that one puzzle piece missing from completion

Having seven hot dog buns

Having 11 eggs

Missing that one sock in the laundry

A bird with one wing too short to fly

Only 25 letters in the alphabet

A heart broken into two

That's what it feels like to live the life of both a bereaved mother and that of a living child. That's what it feels like on Mother's Day and the 364 other days of the year. You ***cannot and will not*** ever feel whole.



On Father's Day

Hannah Campbell

In 1987 when our baby Marc was stillborn at 6 months, my husband and I grieved very, very differently. I'm of Irish ancestry, so emotions, sentimentality, and blathering with tears is in my genes. Mike is a different type, analytical, practical, and strong, but rarely showing any outward appearance of emotion.

I attended the first UNITE session alone and thought for sure that something was wrong with me, with my marriage. At every meeting, only couples attended - mostly loving, supportive, and with what looked like perfect marriages. I was jealous and angry with my husband.

When the Dads spoke so eloquently about their baby, I cried along with them, then returned home to Mike and tell him to which he'd respond, "Why don't you stay home and grieve with me?" In bed one night, I cried out, "Don't you ever think of him?" And he gently said, "Yes." And that was it. Door shut.

One day I told my brother how I felt about grieving alone. He said that Mike told him that many times in driving his truck to work each day, he had to pull to the side of the road and cry. I felt relieved, but why didn't he tell me that? Additionally another breakthrough came through one day when he told me he'd composed lyrics about Marc to the song from the movie "Ghost" (Oh, my love, my darling).

He knew I hated that song so when I asked the lyrics, he wouldn't share and eventually forgot. I can't say that in today's times, it's a male thing...protective. Because there might be many grieving moms who hold alot in and perhaps their husband feels like I did.

I go to Marc's grave by myself....36 years later. I tell Mike I've done so. The difference in our grief journey is blaring, but I know he cares, maybe he can't face Marc's death, even now. It's ok, I accept. I continue.



A SPECIAL MOTHER'S DAY

Hannah Campbell



Our son Marc was stillborn on May 4th, 1987 (the day before our wedding anniversary), and buried the day before Mother's Day. I wondered if I could sit through Sunday Mass and remain my composure.

My heart was broken. The last thing I needed to hear in church was a sermon about happy stories of children and their mothers.

I decided to go, and as I got ready, my three little children appeared with a "corsage" for me to wear. No, it wasn't an orchid or rose corsage. It was three dandelions held with a huge safety pin. They stood proudly as I cried and thanked them. I put it on my dress.

We arrived in Church and sat in the front pew. Our priest mentioned Baby Marc Campbell in his prayers. I felt everyone was watching me. What kept me composed was all of the smiles and winks from the other mothers at my "corsage." As the dandelions dangled downwards, barely hanging onto the pin, I felt blessed that Marc had two brothers and a sister who saw the beauty of a dandelion.

I'm now a grandmother and a writer, and this story, albeit lengthened, appeared in Green Prints Magazine last month.

HAPPY 25th BIRTHDAY ERIC AND JOSHUA



Family picture as I dream our family would be today.
Left to Right: Eric, Abigail, Jeff, Theresa (me), Jessica, and Joshua
Jessica took a vacation picture of the four of us in OC and asked her artist friend to draw Joshua and Eric in the picture.

Eric and Joshua will be turning 25 years old this July 12th. When thinking back to that day in 1998, I remember how scared we were. Our babies were going to be born much too early, and we didn't know what to expect. For twenty-three days, Eric and Joshua fought as hard as they could to stay with us. Some days were good days while others were bad. We were on a roller coaster ride we absolutely did not want to be riding.

Believe it or not, we have some happy memories of our short time together. I remember my husband, Jeff, telling me that watching Eric being born was incredible. Even though we were scared to death over what was to come, he still marveled at the fact that he was the father of two little boys. Eric would do these little leg stretches to let us know that he was awake. Joshua would hold onto our pinky fingers and smile (it wasn't gas, he truly was smiling). I remember how exciting it was when they opened their eyes for the very first time. They had such pretty blue eyes. Eric would sleep with his arm over his forehead just like my father-in-law always did. Our best memory is when I was able to hold Eric skin-to-skin, something they call kangarooing, for a whole 20 minutes. Of course, it was a time before cell phones and that was the only day we left our camera home so we have no pictures of the two of us together. Eric and Joshua each had their own little personalities, and thankfully, we were able to get to know our babies during their short little lives.

It's been 25 years since we last saw and held our little boys. At times it feels like a lifetime ago, while at other times it seems like just yesterday. Over the years, I often wondered what they would be like. What sports would they be into? In which school subjects would they excel? Would they have the same friends? Would they be best buds? Unfortunately, I can only imagine what they would be like. Eric would have been into soccer because he was the fast one. Joshua would have been the center of his basketball team because he was the tall one. I think they would both have been star baseball players. We won't even talk about football. Besides, for the fact that they would be too small for football, it is much too dangerous of a sport and no child of mine would ever play football. They would both have done well in school but I think Eric would have been the more scholarly of the two. Eric would be the piano player (he had such long fingers as a baby) and Joshua would have been playing the drums (much to the dismay of our neighbors). And, finally, I think they would

have been best buds. They would be each other's best friends....at least until they become teenagers and started fighting over the same girl. Most importantly, they would both be very protective of their baby sisters, Jessica and Abigail. I'm sure that would cause some problems because Jessica would think they are being too overprotective of her and too critical of the boys she is dating. But, I would hope all four of my kiddos would love each other and be able to face anything (both good and bad) that came their way.

At this point, they are turning 25 and I believe would be finished their undergraduate work and pursuing very lucrative careers. Or, possibly, attending graduate programs of some sort. I envision Joshua going for his MBA while Eric is attending Law School. Even though they are twins, I like to think that we raised them to be independent of each other. While they would have chosen different career paths, they still would remain best friends. By now, even though I think they are too young to settle for one girl and no girl would be good enough for my boys, maybe they would be with their high school or college sweethearts. The important thing is, with guidance from Jeff and me, they would be happy well-adjusted adults, of which we would be extremely proud... and all would be good in the world.

Unfortunately, things don't always work out as we imagine. When July 12th arrives, our family will all be celebrating Eric and Joshua but in a different way than in years past. Typically, the four of us go together to visit their grave, eat cupcakes, and cry and hold each other. We then spend the day doing something fun for their birthday. This year will be different since Jessica and Abigail won't be home this summer. Jessica is in Pittsburgh attending Graduate school and Abigail is in the wetlands of Erie working at a summer internship. Jeff and I are empty nesters. Jessica and Abigail never met their brothers but they still have a connection to them through my stories of them as we periodically go through their memory box. While we won't be together to celebrate Joshua and Eric's birthday, I know we all will be thinking of them and celebrating them each in our own way. Their birthday is not a day of sadness but a day of happy memories of our short time together. We celebrate Eric and Joshua's birthday...two little boys who changed our lives completely.

**HAPPY 25th BIRTHDAY, GUYS!!!
WE LOVE YOU AND MISS YOU!!!**

Mommy, Daddy, Jessica, and Abigail
XOXO

Theresa Fisher
Mommy to Eric Joseph and Joshua Ian,
7-12-98 to 8-4-98



BUYING A MOTHER'S RING

Hannah Campbell

My husband had been pestering me to order myself a mother's ring before our area jeweler retired. I'd asked myself a thousand times whether or not to include a stone for Marc, our stillborn son in May of 1987.

UNITE facilitator, Gerry Wismer at Lankenau Hospital, is always helpful, kind, and wise and she told me that her mother's ring has two hearts with diamonds in it at either end of her childrens' birthstones to remember her baby Freda, stillborn many years ago.

I've struggled with some of my siblings not recognizing Marc verbally. They stand silent when I try to speak of him, so I don't bother anymore. I knew if I asked for Marc's stone to be added to my four other childrens' stones, I'd have to awkwardly explain his emerald. People always ask mothers which stone is for which child.

Eventually I felt the strength to visit the jeweler. He showed me a gold ring with five little hearts, perfect for inserting birthstones. I swallowed hard, adding Tara's diamond, Patrick's pearl, Andrew's topaz, Marc's emerald, and Daniel's diamond. Marc was born in May but due in August...still, I chose to recognize the month of his actual birth for his stone.

I called Gerri the next day and she told me in her calm soothing voice that I would never have been happy with a four stone ring. She is right. Marc's memory belongs in my mother's ring. I saw him, held him, named him, kissed him, and gave him back to the nurse until we had a funeral for him. Jewels and gems are priceless and precious, and so was he. And, I am proud to wear my ring and gladly explain each stone to anyone who asks.



In My Heart

Author Unknown

*I thought of you today.
But that is nothing new.
I thought about you
yesterday.
And days before that too.
I think of you in silence.
I often speak your name.
Now all I have are
memories.
And your picture in a
frame.
Your memory is my
keepsake.
With which I'll never
part.
God has you in his
keeping.
I have you in my heart.*

Normalizing Grief: Coping After the Loss of a Pregnancy or Child

Lovingly Lifted From "The Science of Health", February 15, 2023

The loss of a pregnancy or a child is a devastating experience for parents. The grief can be all-consuming, and it may be weeks, months or even years before life starts to settle into a new normal.

Grief and bereavement look different for everyone – no two people will respond in the same way. Even partners may respond to the loss of a child differently. It's important to remember that whatever your response, it's completely normal and valid, says Allison Remy, MSSA, LISW, The Joanie and Tom Adler Endowed Director of [University Hospitals Parent Bereavement Programs](#).

"We need to normalize grief and understand that it's OK to not be OK," says Remy.

While everybody has their own way of responding to and working through grief, Remy says there are some universal grief responses that are commonly experienced, at least to some degree. These common grief reactions can affect your physical, emotional and social well-being.

Sleep Disruptions

When experiencing grief, some people might find themselves sleeping more. Others may find themselves being unable to sleep because their minds are racing. Both are normal grief responses.

"They may keep busy all day and be unable to think about it, but at night it all comes rushing back and they can't sleep," explains Remy.

Remy says finding a way to calm your mind can allow you to get the rest your body needs. This may entail finding a soothing activity such as reading a book, meditating, listening to a podcast, or breaking thought cycles by doing a crossword puzzle – find an activity that works for you. Concentrating on a specific task can help keep your brain from focusing on intrusive thoughts and allow your mind to relax.

Practicing mindful breathing exercises can also help to calm your mind by focusing your attention on your breathing in the present moment.

Physical Symptoms

Grief can also manifest in a host of physical symptoms. This can include tightness in the chest and throat, pounding heart, loss of appetite, dry mouth, lack of energy or fatigue, weakness, and the aforementioned sleep problems. For women who experience [pregnancy loss](#), hormonal shifts can cause various physical symptoms as well. While these are normal and often decrease over time, you should contact your health provider if symptoms get worse or become overwhelming.

Returning to ‘Normal Life’

Some people want to throw themselves back into work and a regular routine in order to feel better. Others may find they’re not ready, and that everyday life can be too triggering. There is no set timeline for this process and it’s important to allow yourself whatever time and space you need to grieve.

“Going back to work doesn’t mean you are OK and not sad, but it can be your way of working through the loss,” says Remy.

Grief and Isolation

Feeling isolated can be a big part of grief. Especially with the loss of a child, you may feel like others won’t understand what you’re going through so you may close yourself off from others. But it is important to find ways to connect with others and your environment, even when you are actively grieving.

“You don’t have to do it by yourself. Find a person to talk to, like a partner, parent, sibling, friend, co-worker, therapist or peer support group,” suggests Remy. “Just know you’re not alone.”

It’s also important to keep the lines of communication open with your partner so you can help and support each other during this time. Even if your partner seems to be doing OK on the outside, they may be struggling inside. Make sure to check in with each other frequently so that you can navigate grief together, even if you are grieving in different ways.

‘Good Days and Bad Days’

You may be familiar with the five stages of grief: denial, anger, bargaining, depression and acceptance. But these stages are not a one-size-fits-all progression and the path is not always linear. You may not go through every stage, and you may not go through them in the same order. The feelings of grief can also ebb and flow over time.

“Grief is like waves,” says Remy. “They can come crashing in, really hard and fast. Sometimes they trickle off but can churn back up at any moment.”

You have your good days and bad days, or even just good and bad moments. Part of the process is finding a way to allow yourself to experience both happiness and sadness.

Remy says it’s important to be gentle with yourself and not put any deadlines or timelines on your grief, because it is not something that you can “get over”. It’s something you have to learn to live with, and that can take time: “Grief is not going to get smaller, but you can build your life back up around it. You don’t have to ‘move on from it’. You can carry it with you.”



Summer 2023 Donations

We Are So Grateful for Donations Given Throughout the Year

UNITE Donations

Joanne Porreca

Samantha Wilson - **“In Memory of Maya Dylan Sklar, Happy Belated Birthday”**

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Peer to Peer Grief Support Groups

- * Literature
- * Educational Programs
- * Training Workshops
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Without Your Most Generous Donations, UNITE Would Not Be Able To Continue These Services



News

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Please note our new mailing address:
P.O. Box 298, Oxford, PA 19363

Phone Number

Please note our new phone number:
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Safe Arrivals

We would love to hear about your safe arrival so we all can celebrate in your joy. So we can put it in the newsletter, please send information on your new bundle of joy to administrator@unitegriefsupport.org.

Home Page Info

www.unitegriefsupport.org

Virtual Butterflies: The donation cost for placing one of these virtual items on the page is \$25 and will be in memory of your baby. You may donate through PayPal by clicking on the Buy Now icon. Note: On the PayPal page, where it states, "Instructions to the Merchant," type in your baby's name, etc.

Newsletter Submissions

Please send your original poetry, short stories, articles, and letters to *UNITE Notes*. The beautiful

writings that we receive from UNITE's bereaved parents are what make our newsletter so special. If you have written poems, articles, etc. that you would like to share with other parents, please send them soon. Note that the newsletter is now being uploaded to the UNITE website which allows all who are searching for comfort and support due to the loss of their child(ren) to see your written story.

Acknowledgments

If anyone has not received an acknowledgment for their donation, please contact the administrator@unitegriefsupport.org, or call the UNITE line at 484-758-0002. Please leave your name, phone number, and the best time to return your call.

Fundraisers Wanted

We are looking for some fresh ideas in fund raising! Do you have an idea to share? We'd love to hear about it. Please contact UNITE at administrator@unitegriefsupport.org.

Support Groups

**UNITE in-person support group meetings are suspended until further notice
Please call 484-758-0002 if you would like to attend a UNITE Virtual Support Group**

For information about the group nearest you, please contact UNITE, Inc. at 484-758-0002 (leave a message), write to UNITE Inc. at P.O. Box 298, Oxford, PA 19363, or email administrator@unitegriefsupport.org. **All UNITE Virtual Support Groups are by Invitation only.** New members must contact the group coordinator before attending their first meeting. UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation or economic status.

Pennsylvania

UNITE, Holy Redeemer Hospital

Huntingdon Valley, PA

Meets 3rd Thursday, 7:00 PM - 9:00 PM

Facilitators:

Denise Paul

Liz Steward

UNITE, Lankenau Hospital

Wynnewood, PA

Meets 3rd Tuesday, 7:30 PM - 9:00 PM

Facilitator:

Paris Margaritis

UNITE, Paoli

Paoli Pointe Medical Center, next to hospital

Meets 2nd Monday, 7:00 PM - 8:30 PM

Facilitators:

Sue McAndrew

Gerri Donaher

UNITE, Pennsylvania Hospital

Philadelphia, PA

Meets 1st Tuesday, 6:30 PM - 8:00 PM

Facilitators:

Michelle Ferrant

Kelly Colby

UNITE, University of Pennsylvania Medical Center

Philadelphia, PA

Meets 3rd Tuesday, 7:00 PM - 8:30 PM

Facilitators:

Kelly Zapata

Vicki Kroesche

UNITE, Riddle Memorial Hospital

Media, PA

Meets 2nd Thursday, 7:00 PM - 8:30 PM

Facilitators:

Regina Fazio

Sheila McCabe

New Jersey

UNITE, Penn Medicine Princeton Health

Meets 1st Wednesday, 7:00 PM - 9:00 PM

Contact: Debbie Miller, RN

Facilitator:

Bernadette Flynn-Kelton BSN, RN

UNITE, Virtua at Voorhees

Barry D. Brown Health Education Center

Meets 1st and 3rd Monday 7:00 PM - 9:00 PM

Facilitator:

Ann Coyle, RN

Subsequent Pregnancy Groups

UNITE, Virtual Support Group

Virtually on Zoom by invitation

Meets 1st Monday, 6:30 PM - 8:00 PM

Facilitator:

Denise Paul

Father's Group "Grieving Dads"

Virtually on Zoom by invitation

Meets 2nd Tuesday, 7:00 PM - 8:30 PM

Facilitators:

Simon Hindle

Matthew Sklar

UNITE Parenting After Loss Group

Virtually on Zoom by invitation

Meets 2nd Wednesday, 7:30 PM - 9:00 PM

Facilitators:

Hali Sklar

Cathy Plaisted

UNITE Notes Staff

Editor: Theresa Fisher

Administrator: Barbara Bond-Moury

Submissions: We welcome your original poetry and articles. Your contributions are important to UNITE's work of reaching out to bereaved parents. We reserve the right to edit and select from submissions. Please send all submissions to:

UNITE Inc.

P.O. Box 298

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