



**You Are Not Forgotten**

You are not forgotten little one  
Nor will you ever be  
For as long as life and memory last  
We will remember thee

We miss you now, our hearts are sore  
As time goes by we miss you more  
Your loving smile, your gentle face  
No one can fill your vacant place

*Jackie Bergels*

*In loving memory of Matthew Joseph Bergels  
UNITE Notes, Fall 1989*



## Spotlight on Denise M. Paul, MA, CT, CPLC



It has been my privilege to be involved with UNITE for the past 18 years. I began as a group facilitator in 2005, and within a few years I took on an additional role as Director of Facilitators, which I currently hold. My responsibilities include: training new facilitators, coordinating new support groups, responding to requests from parents who need support, and interacting with the facilitators to assign each bereaved parent to a support group. I often provide additional phone support to parents who are having an especially difficult time on their grief journey. I facilitate two groups for UNITE – a regular monthly group and a subsequent pregnancy support group.

In addition to the volunteer work that I do for UNITE, I am the Perinatal Loss Coordinator at Holy Redeemer Hospital, a part-time job that I have held for almost 20 years. I am called into the Delivery Room when a stillborn baby is born. I dress and photograph the baby, and help parents make as many memories as possible. I also serve on the Ethics Committee and the Perinatal Palliative Care Committee at that hospital. In addition, I provide trainings for staff on how to compassionately care for parents and their babies when a loss occurs in the hospital.

I have a Master's Degree in Counseling Psychology, a Certification in Elementary School Counseling, a Certification in Thanatology (Death and Grief Studies), and a Certification in Perinatal Loss Care.

There is one thing that makes me different than most of the other members of UNITE. I have never lost a baby myself. Yet, I feel a very strong passion for those parents who have. I have learned from the hundreds, maybe thousands, of parents who have poured out their hearts to me over the years. I have been in the Delivery Room with mothers as they gave birth to their stillborn babies. I have listened with my head and my heart to hundreds of parents over the years who speak freely in my support group about what it's like to lose a baby. They have taught me so much more than any course that I've taken or book that I have read – and I'm so grateful!

I serve on the Bereavement Committee of St. Alphonsus Church in Maple Glen, PA, and I facilitate a Widow & Widowers Support Group there. Many people get referred to me for help with all kinds of losses. My ministry is to help people at no charge, either in-person, by phone, or via Zoom. From 2002 to 2015, I was employed as the Group Specialist at Peter's Place, a Center for Grieving Children in Radnor, PA, where I facilitated support groups for children who lost a parent or a sibling.

I've written a booklet on Miscarriage and Stillbirth that is given to parents at Holy Redeemer Hospital. In May, I published my first book, "Pockets Full of Feelings," written especially for little children who have lost a parent. It is available on Amazon.

I have been happily married to my husband for over 44 years, and I have two beautiful daughters, two great sons-in-law, and four amazing grandchildren. In my free time, I love to spend time with my family, get together with friends, help grieving people, travel, enjoy summers in Stone Harbor, NJ, and learn new crafts.

I am grateful for this opportunity to serve on the Board of UNITE, Inc. and to share my blessings with parents who have suffered the loss of a precious baby.

# Professionally Speaking.....

Denise M. Paul MA, CT, CPLC



## The Holiday Dilemma

'Tis the season to be jolly....but for parents grieving the loss of their precious baby, they certainly feel anything but jolly! Department stores are adorned with festive holiday décor, and cheerful music rings in the season with songs that sometimes bring tears to the eyes of those who are mourning. Babies are seen sitting on Santa's lap in the mall, while your dreams of visits with Santa are shattered. The dilemma is that the rest of the world wants to experience joy and celebrations while you are grieving. Family and friends want everything back to normal, yet holidays "as usual" deny the loss and trivialize the life of your baby.

I'd like to offer some coping strategies as you approach the holidays:

- Be patient with yourself. Do what you can this season and let it be enough.
- Decide on a new way or a new place to spend the holidays.
- Be realistic and realize that hurting moments will come. Be ready for them and honor them, then let them go.
- Plan ahead. Prioritize what needs to be done, and decide what is really important.
- Be prepared for holiday well-wishers. Brace yourself and know that others do wish you well and that their greetings are not intended to be hurtful reminders.
- Redefine your expectations. Make a holiday checklist of things you would usually do

regarding cards, decorations, shopping, and traditions. Be honest with what you expect to be able to do and don't feel guilty if you are not able to accomplish all that you had in previous years.

- Be flexible. Know that you are working through a challenging time and might have to make some changes.
- Take care of yourself physically. Eat right. Exercise. Rest.
- Screen all holiday activities and gatherings. Only attend the ones that you really want to. Have an escape plan ready. Give yourself permission to leave if you feel uncomfortable.
- Give yourself the gift of emotion. It's OK to cry, but it's also OK to laugh.
- Make shopping easier. Do what you feel you can handle. Shop on-line to avoid busy malls.
- Live through the hurt. Feel the pain – that's how you will heal. Don't allow the pain or sadness to ruin the entire season. Joy can return to your heart.

Grieving is full-time work and holidays interrupt the grieving process. If you can incorporate some of these suggestions into your holiday planning, you may feel better prepared to cope with this difficult time of year.



# UNITE Annual Walk To Remember Sunday, October 15, 2023

We are excited to announce our 12<sup>th</sup> Annual, UNITE Walk to Remember, which will be held on Sunday October 15, 2023. The walk will again be held at Ridley State Creek Park, Picnic Site 17 from Noon to 3pm. This is a bittersweet day bringing our community together. We welcome, A Walk To Remember Philadelphia, as they join us in honoring and remembering our children who are gone too soon.

This event is completely free and we welcome you to invite your friends, family, loved ones, and living children to attend. The day is spent around those that continue to support us along our journey; there is no lack of love filling the air.

This is also UNITE's biggest fundraising event of the year. Yard Signs and Luminaires will be available to purchase via the UNITE website prior to the event, as well as, the day of. These will include the name(s) of your children. We will also have many wonderful raffle items available. Proceeds will allow UNITE to continue to establish support groups for bereaved parents, train support group facilitators, and provide literature and information on bereavement, as well as, educate medical staff and hospital personnel on the issues surrounding the loss of a child in the peri-natal period.

Light refreshments are provided, but we encourage you to bring a picnic lunch, snacks, and drinks. We look forward to seeing new and old friends while we honor our children.



## Please Welcome Laurie Holper

Laurie Holper has graciously volunteered to assist with the newsletter. Laurie has been a bereaved parent for over 40 years. She and her husband, Harvey, have three children. A daughter Jodi, her first born. An angel baby, Joshua, who died shortly after birth. Her rainbow baby, and gift from Joshua, is Marni. They also have four grandchildren who keep them quite busy.

While working on her Master's degree in counseling, Laurie was required to write a thesis and work in an internship. As a result of her experience with Joshua's loss, she discovered UNITE and reached out to them to perform her internship with them. During that time, Laurie became a group co-facilitator and also contributed to the newsletter.

After many years of being away from UNITE, Laurie reached out to Denise Paul to inquire where we could use her help. Denise immediately suggested the newsletter. I am happy Denise brought Laurie to me and very thankful to Laurie for offering to work with me on the newsletter. I look forward to having Laurie's input and having a fresh perspective to brighten up the newsletter. Welcome to the group, Laurie!



## The Reason for *UNITE Notes*

*UNITE Notes* is like a support group in print. It reaches out to bereaved parents who might never step foot into a meeting. It helps grievors feel a part of the community of fellow sojourners who are struggling with the same sorts of issues as they are. They can receive comfort in knowing that, though each loss is unique, they are not the only ones who feel the anguish of loss and who hold onto memories which are bittersweet.

*UNITE Notes* was first published in 1981 after Kris Ingle and Janis Keyser, both having suffered the deaths of their beautiful daughters and the subsequent births of their healthy sons, decided that there needed to be a creative outlet for the expression of love and pain. At Kris' kitchen table, they sketched out the first issue, and then many years of issues after that, drawing from heartfelt writings submitted by bereaved mothers and fathers, grandmothers, siblings, aunts, uncles, and friends. People who never considered themselves to be writers, indeed, found themselves creating passionate poetry that drew from that well of love and pain. Because of the courage and willingness to share on the part of many writers, and the hard work of a number of editors through the years who caringly created the newsletter from these selections, the newsletter has thrived. We thank each and every writer, and each editor through the years.

*Written By Janis L. Keyser, Director, UNITE, Inc.,  
March, 2000 and slightly updated by Theresa Fisher in  
2016*

# Increasing Awareness

## Awareness of Impact of Stillbirth - Perspective of Fathers & Parents of Loss

UNITE's own Matt Sklar and Simon Hindle, co-facilitators of the Father Loss Group and also board members, have recently completed a six session presentation to healthcare providers in New Jersey. UNITE sat down with them to learn more about their project.

Simon outlined, "It was a presentation undertaken by Matt and me to help increase awareness, to improve the understanding of healthcare professionals, such as nurses, social workers, and community health workers, of needs of parents who have lost; to better understand their state of mind and the impact medical professionals can have upon parents who suffered a loss." Matt went on to comment further, "When a baby is lost, having the understanding of HealthCare professionals is incredibly important. Giving those in the healthcare community a level of understanding of the mindset, thought processes, and perceptions of parents through the loss of a baby can help, from first initial point of getting the news, to the eventual point of leaving the hospital and walking out into a darker world."



The impact of losing a child is beyond imaginable, but something that only parents of loss can really truly appreciate. Regardless of whether a loss is during pregnancy, at birth, or as an infant, the loss is beyond consolation. UNITE recognizes that parents need to grieve following the death of their baby. Even when the child's life was brief, parents feel the normal painful response of grieving. This can be particularly lonely when the baby was not yet known to family and friends. Having an outlet is always important and helps the grieving process.

Over the course of a three month period between June and August 2023, Matt and Simon worked with Program Manager, Kathy Donaldson, at the Central Jersey Family Health Consortium (see note 1) to facilitate a six session program for healthcare professionals across all of New Jersey.

The six sessions of the program covered:

1. Fairytales & Naivety - Awareness & Things We Wish We Knew
2. Getting the News - Finding Out and the First Few Hours Plus Decision Making
3. Labor & Delivery - Process & Medical Aspects of Birthing
4. Creating Memories - After the Birth & Time With Baby
5. Leaving With an Empty Car Seat - Mental Health, Getting Counseling & Perinatal Loss Groups
6. Trying Again – Fears & PTSD

Matt advised, "The program was well attended and received great feedback. The sessions were recorded for those not able to attend to view later." Adding, "I'll not lie, there were times it was quite emotional, reliving what we went through. But I think there was a lot of benefit and appreciation from the group. The aim was to provide a perspective to healthcare providers of both a Father's and Parents' perspective of the impact of Perinatal loss. The goal was to share experiences to try to provide enlightenment on the mental impact of such losses; understand practical impacts of loss and what can be done to help parents get through the initial traumatic process; help with handling the grief going forward and particularly when stepping back out into a different world. I think we achieved that."

Simon added, “Matt & I co-facilitate the Fathers Loss Group with Unite, a group that is dedicated to Fathers, which has been running for over two years now. This program helped to highlight the need for increasing awareness which helps because we do what we do with passion to honor and remember our daughters; and for fathers and parents, as a whole, we want to help others and show that there is a path out of the darkness that comes from such a loss. We are the proof.”

They both added, “We have to give a big thanks to Kathy Donaldson and the team at CJFHC for this opportunity to share and increase awareness. We hope to see the results and be able to do more of these types of sessions, as and when, the opportunities arise.”

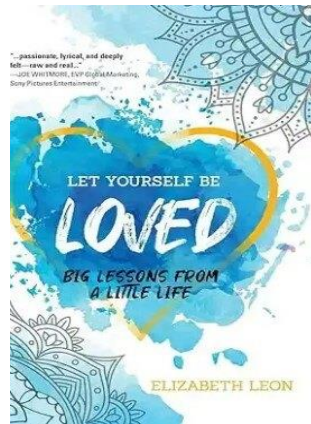
Notes:

(1) Central Jersey Family Health Consortium (CJFHC) is a private, non-profit organization that is licensed and regulated by the New Jersey Department of Health. CJFHC offers a wide variety of services to perinatal individuals as well as families and children up the age of 3. In addition, CJFHC is a provider of education for healthcare professionals including nurses, health educators, social workers, doulas, and community health workers. Nursing contact hours are provided in conjunction with the New Jersey State Nurses Association (NJSNA). CJFHC’s Bereavement Task Force, a committee of perinatal bereavement experts from the member hospitals, aims to improve bereavement care and support throughout Central New Jersey. It is the only committee of its kind in the state.



# Let yourself Be Loved

Book Review by Toni Keller



Just recently, a dear friend gifted me a book titled *Let Yourself Be Loved* by Elizabeth Leon. The author and her husband experienced the loss of their beloved infant son, John Paul Rafael, from Trisomy 18. Almost 30 years ago, I lost my first child, Ryan Albert, who was stillborn at 37.5 weeks gestation. My husband, Mike, and I were devastated and experienced profound grief. While you never fully recover from a loss of this nature, life marches on and a new normal takes shape. I went on to have two more healthy children, Michael and Samantha, who are now 28 and 25. They bring me great joy but I still experience grief which often comes upon me unexpectedly. My friend thought Elizabeth's book might in some way bring me comfort and peace and it did just that.

The story is a fast and easy read that quickly pulls you into their life as they get the dire prenatal diagnosis of Trisomy 18. The book is very cathartic as I cried many times while reading it. One thing that was different for me was that although they had many unknowns, they also had a great deal of time to plan how they wanted their birth plan to go and how they were going to spend every precious moment they might get with their baby. My experience was not predictable and honestly, I was in shock and disbelief the entire time I was hospitalized and those first weeks at home without my baby. I could appreciate the gift of this time to think about and plan for their baby's short life and to create lasting memories.

The author is Catholic and gives glory to God for these blessings. There are some strong religious undertones throughout the book, but most readers will not be distracted by the author's strong faith. In fact, she articulates the role her faith plays throughout her pregnancy and loss very well, which helps the reader understand how she came out the other side and what was able to bring her comfort and peace. Make no mistake, though, that her walk through grief is portrayed in all its painful glory. The anguish is palpable and having experienced it myself, I found it real with nothing held back. If you have experienced infant loss, you will know it well. I found it created a strong connection between the author and myself. In the end, our shared experiences left me with an understanding that validated all my feelings from the day I lost my son right through to today. Isn't that the sign of a great book? To let you know you are not alone on this journey through grief?

I highly recommend this book to UNITE members as a tool for processing the grief you feel, whether your loss occurred recently or many years ago. I hope you find that the book, her playlist, and other resources she includes assist you in arriving at a place of meaning, understanding, and gratitude for this little being who touched your life, if only for a short time, but left a lasting legacy.



# In Thanksgiving

*Hannah Campbell, Mother of Marc John Campbell* ❤️

Why would I be grateful for a stillborn baby boy? It's taken me 36 years to reflect on his death as a loss. I once heard a prayer, "Thank you God for all you have given.....and all you have taken away." Taken away? What's good about something or someone taken away?

As a 72 year old grandmother today and, after 36 years of attending UNITE support meetings off and on, I reflect on that day, May 4<sup>th</sup>, 1987. Going into labor knowing your baby is dead, is like nothing else. Leaving the hospital with a baby blanket in your arms and folks walking by, hoping to see the baby, is unfathomable. Having three little children at home, waiting for their new brother, is heart wrenching.

Shock, heartbreak, bitterness, guilt, and numbness all came to me in waves for many years. Why God, why? I wanted Marc and believed with his Trisomy 13 genetic problem that I could care for him and love him and he would know I was with him in that love.

We had another baby, Daniel, one year later and all the feelings surfaced again above the joy for a healthy new baby. Like a tornado, feelings swirled and swirled and my mind muddled on what I was supposed to be and feel. It's all over, right? No, it's

not, and the stamina I had to learn came from reading books on grieving in the silence of the teary days. Read, read, learn tools to go on, if even for a minute. Share, share, in groups, or in private counseling, or on zoom sites.

Marc, I am grateful from the day I learned I was pregnant with you, that you would be a part of our family. I'm glad you were born in a hospital room with music and flowers. I'm glad the nurse took your picture and gave us the blanket I treasure. I'm glad I was handed the book, "Empty Arms" to read...when I was ready. I'm glad I learned about UNITE, a lifesaver and life preserver.

You were cute in your peacefulness....not the horrible sight I imagined. Some choose not to see their babies, and I understand. We stationed a bird bath in our yard and I am grateful to see it giving birds refreshment. I'm thankful for the wondering about you.....I believe you are in Heaven and I will see you again. You are in my heart forever, and for that, I am most grateful.



I Will Always Cherish Marc's Baby Blanket

# Take A Vacation From Grief

Theresa Fisher

The summer of 1998 was horrendous for us. It started on June 29<sup>th</sup> at the hospital when my pregnancy with Eric and Joshua went south until August 6<sup>th</sup> when they were buried. That's when the real grief began.

The time between their birthday on July 12<sup>th</sup> and their death date on August 4<sup>th</sup> was a roller coaster. I can't say I was grieving during that time because I always thought they would make it. I believed they would make it up until the very moment the doctor told us that there was nothing more we could do and it was time to let them go. That's when it hit home for me and that's when my life as a bereaved parent began.

While I was off from work that entire summer, I went back to work only two weeks after Eric and Joshua died. In retrospect, that was way too soon. I needed more time and I should have taken more time, but I did not. I felt the pressure of my well-meaning family and friends telling me I needed to get back to some kind of normalcy to help me get through my grief. Burying myself in work, did not help.

Sometime during the middle of September, Jeff suggested that we get away from it all and take a vacation. At first, I was appalled that he would even suggest this. After all, at that point, I should have been fat, round, and 32 weeks pregnant with twins and on bedrest. Why would I even think I should consider going away? I really couldn't come to terms with his suggestion until I brought it up at one of our UNITE meetings. After all, that's why we go to the meetings, to work through our issues. Our facilitator at the time was Jan Lamb and she was absolutely great. We talked through my concerns and her reply to us was, "It's okay to take a rest from grieving." It was at that point, we decided to take a cruise since we were thinking we probably wouldn't see too many babies on a cruise since we couldn't be around babies just yet.

On Eric and Joshua's two month birthday, I started writing to Eric and Joshua in a journal. That's something Jan suggested at one of our first UNITE meetings. I wrote in that journal almost everyday, including while we were on the cruise. Following is an excerpt from my journal dated October 27, 1998:

*"This vacation is just what Daddy and I needed. We've taken a little rest from our grieving but that doesn't mean we stopped loving you or missing you. We will always love you and we will always miss you."*

Twenty-five years later and I still agree wholeheartedly. We needed time away from our grief and it was the best thing we could do for ourselves.

The theme of Eric and Joshua's nursery was going to be Looney Tunes. While we were on the cruise, there was an auction and one of the items being auctioned off was a Warner Brother's Sericel of all the Looney Tune characters called "Looney Lineup." Of course, we knew the boys were sending us a message telling us they were with us. We purchased the Sericel and it was a nice remembrance of our vacation from our grief.

While the week away was not without tears and sadness, for the most part, we had a nice time. For that one week, we were not Theresa and Jeff, bereaved parents. We were just Theresa and Jeff, two people celebrating their first anniversary. We had a nice time off from our grief and when we returned we were rejuvenated and ready to get back into our grief journey. As we all know, the grief journey never ends for bereaved parents, but every now and then, it is okay to take a vacation from your grief. I highly recommend it for everyone.



Eric and Joshua's Gift to Us

# Getting Through the Holidays

By Laurie Holper

People experience all kinds of emotions as the holidays are approaching. Add to that, the grief of those who recently experienced a miscarriage, stillbirth, or infant death, and the feelings are compounded. Holidays may often magnify feelings of sadness and depression.

Although a stressful time, holidays are usually happy times. Following the loss of a baby, however, many other emotions may interfere with the usual positive ones. The combination of what is usually a happy time with sadness resulting from the baby's death, can lead to confusion, and even guilt. If a person who is grieving still wants to participate in holiday celebrations, guilt may ensue. How can holidays be joyful when a baby just died? On the other hand, being reluctant to join in the holiday spirit may also result in guilt because the grieving parent may not want to join with their family at this special time.

It is important to understand that these various emotions are to be expected during this time. Although there is great sadness, it is okay to experience some joy. Being accepting of both emotions is crucial.

Boundaries may be set. For example, maybe deciding to attend some parties, not all, or perhaps attending a party for a short time, not staying until the end, would be helpful.

There are some possible coping skills which may help this time of year. Parents need to be kind to themselves and take care of themselves. Some suggestions would be asking for help when needed, getting enough sleep, eating well, doing some deep breathing, listening to music, journaling, meeting with others dealing with similar loss, and getting professional support, if needed. They may choose to follow old traditions, as well as, possibly creating new ones. Perhaps having a candle lighting service with other bereaved parents or buy a special card or decoration in memory of the baby. Or, they may want to spend time at a special memorial place.

In summary, there is no right or wrong way to approach the holiday season. However, accepting various emotions and being kind to oneself are essential.

Many of the aforementioned feelings and coping methods were helpful to me, personally, following the birth of my son, Joshua, who died two hours after he was born more than 40 years ago.



# What to Say to Someone Who's Grieving

Knowing what to say to someone dealing with grief can be tricky. You want to be supportive, but what do you say? As bereaved parents, we've all been there. Someone who loves us tries to make sense of our loss. While their intentions are well meaning, their comments aren't always helpful or comforting. That is not their fault. Most of them, thankfully, have never experienced the loss of their child, so they don't know all the right things to say to someone who has. Without realizing it, their words may hurt us and make us feel worse. Below is a list of helpful and not so helpful things to say to someone experiencing a loss. We, as bereaved parents, can share this list with our family and friends so they know what type of support we need. If anyone wants to add to this list, please send your suggestions to [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org) and I will include them in future newsletters.

## **NOT HELPFUL**

"I know how you feel."

"He's in a better place now."

"This is behind you now; it's time to get on with your life."

"In time, something good will come of this."

"You should..."

"People have been through worse."

"You have to be strong."

"Time heals all wounds."

"There's a reason for everything."

"You'll get over this in time."

"Call me if I can help."

"You need to move on."

## **HELPFUL**

"Do you feel like talking?"

"You don't have to talk; just know I'm here to support you."

"There are no words to express my sympathy."

"I'm sorry to hear that this happened to you."

"I'm sorry you're going through this."

"I can't imagine how you're feeling, but I'm here."

"I'm not sure what to say, but I want you to know I care."

"I'd like to come over and help you with...tomorrow."

"Let me cook your dinner tomorrow."

"Grief is a process; it's normal to have these feelings."

"I have fond memories of..."

"You and your loved ones are in my thoughts."

"There is no right or wrong way to grieve."

"Your (e.g., child, dad, mom, brother, husband, wife) really made an impact..."

# FALL 2023 Donations

*We Are So Grateful for Donations Given Throughout the Year*

## **UNITE Donations**

Carol Badolato - In Memory of Lucas James Swartz

Dennis & Leslie Boyle – Happy Birthday Anthony

Andrea & William Devenney – In Memory of Anthony Devenney

Janet Filer & Donna Kupniewski – In Memory of Eric Joseph & Joshua Ian Fisher

## **Grants**

Fidelity Chartable – In Memory of Thomas Reid Doherty and his dad.

UNITE offers a number of services to grieving parents and their caregivers including the following:

Peer to Peer Grief Support Groups

- \* Literature
- \* Educational Programs
- \* Training Workshops
- \* Group Development Assistance

Without Your Most Generous Donations, UNITE Would Not Be Able To Continue These Services



# News

## **Mailing Address and Phone Number**

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

## **Phone Number**

Please note our new phone number:  
484-758-0002

## **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](mailto:administrator@unitegriefsupport.org).

## **Home Page Info**

### **[www.unitegriefsupport.org](http://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](mailto: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](mailto: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](mailto: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**

Huntingdon Valley, PA

Meets 3<sup>rd</sup> Thursday, 7:00 PM - 9:00 PM

#### **Facilitators:**

Denise Paul

Liz Stewart

#### **UNITE, Lankenau Hospital**

Wynnewood, PA

Meets 3<sup>rd</sup> Tuesday, 7:30 PM - 9:00 PM

#### **Facilitator:**

Paris Margaritis

#### **UNITE, Paoli**

Paoli Pointe Medical Center, next to hospital

Meets 2<sup>nd</sup> Monday, 7:00 PM - 8:30 PM

#### **Facilitators:**

Sue McAndrew

Geri Donaher

#### **UNITE, Pennsylvania Hospital**

Philadelphia, PA

Meets 1<sup>st</sup> Tuesday, 6:30 PM - 8:00 PM

#### **Facilitators:**

Michelle Ferrant

Kelly Colby

#### **UNITE, University of Pennsylvania Medical Center**

Philadelphia, PA

Meets 3<sup>rd</sup> Tuesday, 7:00 PM - 8:30 PM

#### **Facilitators:**

Kelly Zapata

Vicki Kroesche

#### **UNITE, Riddle Memorial Hospital**

Media, PA

Meets 2<sup>nd</sup> Thursday, 7:00 PM - 8:30 PM

#### **Facilitators:**

Regina Fazio

Sheila McCabe

### **New Jersey**

#### **UNITE, Penn Medicine Princeton Health**

Meets 1<sup>st</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> Monday 7:00 PM - 9:00 PM

#### **Facilitator:**

Ann Coyle, RN

### **Subsequent Pregnancy Groups**

#### **UNITE, Virtual Support Group**

Virtually on Zoom by invitation

Meets 1<sup>st</sup> Monday, 6:30 PM - 8:00 PM

#### **Facilitator:**

Denise Paul

### **Father's Group "Grieving Dads"**

Virtually on Zoom by invitation

Meets 2<sup>nd</sup> Tuesday, 7:00 PM - 8:30 PM

#### **Facilitators:**

Simon Hindle

Matthew Sklar

### **UNITE Parenting After Loss Group**

Virtually on Zoom by invitation

Meets 2<sup>nd</sup> Wednesday, 7:30 PM - 9:00 PM

#### **Facilitators:**

Hali Sklar

Cathy Plaisted

*UNITE Notes* Staff

Editor: Theresa Fisher  
Co-Editor: Laurie Holper

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

Oxford, PA 19363

484-758-0002

or email [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org)

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