

## *PREGNANCY AND INFANT LOSS*

# RESOURCE LIST

<https://pilsc.org/get-support/>

The Pregnancy and Infant loss Support Centre is a non-profit registered charity that helps families connect to support on their path to healing after pregnancy or infant loss.

<http://www.emptycradle.bc.ca>

Empty Cradle is a bereaved parents support group for those who have suffered pregnancy or infant losses. No membership dues are charged. Parents are free to attend the group meetings whenever they choose whether it be for just one session or over an extended period of time.

<https://tcfcanada.net>

The Compassionate Friends offers support in the grief and trauma which follows the death of a child

KELOWNA  
250-718-7039  
Kelowna@TCFCanada.net

<https://www.bcbh.ca>

The British Columbia Bereavement Helpline is a non-profit, free, and confidential service that connects the public to grief support services within the province of BC.

Toll free 1-877-779-2223  
email- contact@bcbh.ca



## *PREGNANCY AND INFANT LOSS*

# RESOURCE LIST

<https://mygrief.ca>

Confidential and free, MyGrief.ca helps you to understand and move through your grief. Module 17-19 on the website is Pregnancy and Infant Loss series

### *Books*

- Its OK That You're Not OK - By Megan Devine
- Bearing The Unbearable: Love, Loss, and the heartbreaking path of grief- By Dr. Cacciatore
- The Grief Recovery Handbook- By John W James
- The Unspeakable Loss: How Do You Live After a Child Dies?- By Nisha Zenoff
- Rebirth: The Journey of Pregnancy After a Loss- By Joey Miller, MSW, LCSW
- Whole: Navigating the Trauma of Pregnancy Loss- By Heather Dolson

