

Perinatal grief support



Many **perinatal resources centres** (CRPs in the French acronym) offer services at no cost to parents grieving a **perinatal loss**, whether due to miscarriage, death in utero, termination of pregnancy or death shortly after birth.

- ▶ **Support groups**
- ▶ **Individual/family support**
- ▶ **Peer support (paired with a parent who has grieved a perinatal loss)**
- ▶ **Special activities and ceremonies**



What to expect

Support groups help grieving parents feel less alone, connect with other grieving parents, feel understood and better understand the grieving process.

*An estimated **20,000 families** experience perinatal loss each year in Quebec.*

Anyone can experience grief, no matter the age of the baby, how far along the pregnancy was, or whether the pregnancy was wanted or not. Some parents need support in their bereavement.

Support groups are also helpful if post-loss pregnancies lead to stress and anxiety.

If parents prefer **individual or family support** to discuss their situation, that can also be arranged.

Some CRPs offer **peer support**, where a grieving parent, often a mother, is paired with a parent who has grieved a perinatal loss and can offer personalized support.

CRPs may also organize **special activities and ceremonies** to mark the brief time the baby was in the parents' lives. This might look like a candlelight walk to remember babies who were lost too soon.

Every CRP is unique. Contact your local CRP to find out what services and activities they offer.

About the CRPs

CRPs are community-based agencies that offer a full range of services and activities to all families in their region, from pregnancy through baby's second birthday. CRPs are members of the Quebec CRP network (Réseau des Centres de ressources périnatales du Québec, RCRPQ).

Learn more and find your local CRP at:
www.rcrpq.com

