

Support and guidance for family and friends after the loss of a baby.



Bears Of Hope Pregnancy & Infant Loss Support provides leading support and exceptional care for families who experience the loss of their baby.

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. Finding out your baby has not survived during pregnancy, birth or infancy may be the most traumatic experience a person will face. No parent should feel alone in their grief, nor rushed to 'get over it' from those around them.

You can have a profound impact in the healing for your family member or friend, and we are here for guidance for you both.

Grief Support:

Phone: 1300 11 HOPE

Email: support@bearsofhope.org.au

General Enquiries:

Phone: 1300 11 BEAR

Email: contact@bearsofhope.org.au

Postal Address:

PO Box 352, Stanhope Gardens NSW 2768

www.bearsofhope.org.au

**bears
of hope**[®]

Pregnancy & Infant Loss Support

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About Bears Of Hope

Vision

Providing leading support and exceptional care for families who experience the loss of their baby.

Mission

Bears offered at every hospital providing vital

Early support.

An Australia wide program which provides timely and

Relevant information to families who experience

Stillbirth, miscarriage, neonatal or infant loss.

Ongoing comfort and a lifetime of support

From families who understand

Helping to challenge and shape beliefs surrounding loss.

Outstanding care,

Passionate pregnancy and infant loss support,

Education and awareness.

Values

- Committed to achieving our vision with integrity.
- Dedicated to and passionate about making a difference.
- Respecting grief is personal and unique.
- Every family has the right to be offered support without judgement.
- Equal acceptance and acknowledgement of every loss

How can you help?

Thank you for your care and compassion to learn about the impact of pregnancy and infant loss on parents and how you can support them through their devastation.

Parents need to feel supported during their time of loss, whether they experienced the loss of their baby at 8 weeks or full term.

Allowing parents to openly grieve and speak of their baby will have a positive difference in their healing. All parents grieve differently so we have provided you with some insight as to how to offer support during the very early days as well as for the time ahead.

We understand many family and friends are also devastated by the loss. Bears Of Hope offer support services for you too. Please visit our website for the support groups available or contact 1300 11 HOPE.



A parent's dream...

Once a baby is discovered to be developing inside a mother's womb, dreams and hopes begin for a future with that baby. In many instances, dreams and hopes for a baby begin long before conception.

An emotional and physiological relationship begins and continues as the unborn baby's presence becomes more apparent. Parents read about their baby's development, think of names, talk about and plan for their growing baby leading up to their due date.

Their excitement increases as they shop for maternity and baby clothes, wonder if it will be a boy or girl, and plan for the future when their baby comes home. With an impending birth, parents begin to define themselves by their parental role. Their baby is integral to their future.

Then suddenly, their baby dies and the future they have planned as a family dies too. Perhaps a tiny life, but still a life and the heartbreak is immeasurable.

This journey of grief is compulsory for the family and they now need to find a way to navigate the heavy grief and heartache.



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