



# GOOD MOURNING COUNSELING PREGNANCY & INFANT LOSS SUPPORT GROUP

***For mothers and fathers who have experienced the loss of a baby due to miscarriage, stillbirth, or infant death.***

Our group is a relaxed setting for talking with other parents who have experienced a loss, and where you may find comfort and healing as you discuss topics including: your emotions and grief; how men and women grieve differently; the responses of family and friends; going back to work; coping with anniversary dates and holidays; whether or not to have another baby; and more.

***\*\*Donations of canned food or children's books to the church for use of its building are always appreciated\*\****

**Grace Lutheran Church  
521 Providence Rd  
Chesapeake, VA 23325**

**Directions:**

- \*From I-64 take exit 289A (Greenbrier Pkwy North)
- \*Go straight for ~1 mi (Greenbrier becomes Dunbarton at Military Hwy)
- \*Turn right at Providence Rd
- \*Grace Lutheran is on the right

**Group meets  
the 3<sup>rd</sup>  
Tuesday of  
every month  
7-8:30 pm**

**Facilitators**

Anisa Glowczak  
LPC, NCC, GC-C

Ann Prescott  
MSEd, RN, FT

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Email prior to attending  
the first time:  
goodmourningcc@gmail.com

***\*\*Childcare is not available  
and children are not allowed  
to attend meetings\*\****