



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 3rd
Tuesday of
every month
7-8:30 pm**

Facilitators

Anisa Glowczak
LPC, NCC, GC-C, PT-Csp

Ann Prescott
MSEd, RN, FT

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

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