



# 3Hopeful Hearts

*provides bereaved parents and families opportunities to honor, find hope, and seek healing through grief companionship.*

honoring

hoping

healing

3Hopeful Hearts' Support Groups are a safe space for you to connect, be heard, be seen, and understood. You are not alone. The whisperings of 'me too' are echoed here.



## **Pregnancy & Parenting after Loss: 1st Wednesday/ month, 6:30-8:30PM**

Are you expecting your 'rainbow baby'? Are you feeling joy intermingled with feelings of confusion and anxiousness as you navigate a new pregnancy or a new baby? You are not alone in these feelings that accompany many parents after loss.

## **Miscarriage Support: 1st Thursday/month, 5:30-7:30PM**

This group is for those impacted by the loss of a pregnancy less than 19 weeks. It is a place to share your story and gain compassionate support throughout your journey towards healing after your loss.

## **Perinatal & Infant Loss: 2nd Thursday/month, 6:30-8:30PM**

Perinatal Loss is often the "forgotten loss." We invite you to join us in starting what we hope will become a healing journey with other parents facing a similar loss.

## **Virtual Baby Loss: 3rd Wednesday/month, 6:30-7:30PM**

This group is designed for those who prefer to gather virtually. This group is inclusive but not limited to: Miscarriage, Perinatal/Infant Loss, and Pregnancy/Parenting after Loss. Zoom link and additional information can be found on our website.

## **Trying to Conceive and Infertility: 4<sup>th</sup> Tuesday/month, 5:30-6:30PM**

This is a group for those who are journeying through and to parenthood and are faced with the halt of infertility. In a world full of 'comfortable conversations', infertility, longing, and grief are often met with silence.

All groups do not require registration and are free of charge.

In-person groups will gather at:

**3Hopeful Hearts' Center for Hope**

712 Whalers Way, A201 Fort Collins, CO 80525

[www.3hopefulhearts.com](http://www.3hopefulhearts.com)

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