

Pregnancy and Infant Loss: What You Need to Know & How You Can Get Help

November 27, 2023

1:30-3:00pm MST

The loss of a pregnancy or infant can be one of the most devastating experiences. Each parent or family member feels this loss in different ways. This session is designed to help you with some information and to support you through the days and weeks after your loss. You're not alone.



Learning Outcomes:

- Understanding how grief and loss impacts you on a daily basis
- Exploring ways to cope with your grief and loss as an individual and/or family
- Remembering your baby well
- Finding support along your grief journey

Speakers:

Azmina Lakhani, MSW, RSW, Family Counsellor, Pregnancy and Infant Loss Program, Alberta Health Services (Calgary Zone)

Jessica Findlay, MSW, RSW, Family Counsellor, Pregnancy and Infant Loss Program, Alberta Health Services (Calgary Zone)



Target Audience:
Individuals, partners,
and/or families who have
experienced a pregnancy or
infant loss

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