

Miscarriage Support Group

Hopelessness

Sadness

Feeling Guilty

Worrisome Thoughts

Feeling Isolated

Overwhelming Anxiety or Fear

When you experience a **miscarriage**, it is not uncommon to **feel** immediate shock, then sadness and jealousy as people around you become pregnant or have babies. Oftentimes worry, fear, and hopelessness may cloud your next steps, as you try to **regain hope** to try again.

You're Not Alone!!

Join our small group once a week on Wednesdays for 6 weeks, where we'll talk **safely** and **privately** about the experiences of a miscarriage, while exploring ways to move forward in healing.

WHEN: TO BE DETERMINED

6265 Sheridan Drive Suite 122

Williamsville NY 14221

5:30-6:30 PM

SPACE IS LIMITED

Refreshments Will Be Served

There will be a \$20.00 fee per session

Please call *Annmarie Legge* for more information and ensure this group is right for you!

(716) 204-5552 ext.430