

# **Perinatal Loss Support Groups & Organizations**

## **Resource Booklet 2012**

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**British Columbia Support Groups:**

1. Empty Cradle

Empty Cradle is a peer support group offering friendship and understanding to parents who have experienced the loss of an infant or failed pregnancy. Empty Cradle's main goal is to listen and provide support in a safe, caring environment. Patty Lou, a bereaved parent who found no means of support for her losses, founded Empty Cradle in 1991. Meet on the 2<sup>nd</sup> Wednesday of every month at 7:30PM at Olivet Baptist Church, 613 Queens Ave. New Westminster BC.

2217 Hamilton St.  
New Westminster, BC. V3M 2P9  
[nnils@bc.sympatico.ca](mailto:nnils@bc.sympatico.ca)  
Contact: Nancy Slinn  
**TEL: (604) 469 1272**

2. Pen Parents of Canada

Pen Parents is a network of bereaved parents who correspond through mail. Please contact them for more information or to join.

PO Box 52548  
1102-2929 Barnet Highway  
Coquitlam, BC. V3B 7J4  
**TEL: (604) 469 1272**

3. Perinatal Loss Support Program

Offers a specialized grief support program for parents coping with the loss of an infant due to miscarriage, stillbirth, or within the first year of life.

33134 Marshall Road  
Abbotsford, BC V2S 1K5  
[info@abbotsfordhospice.org](mailto:info@abbotsfordhospice.org)  
<http://www.abbotsfordhospice.org>  
Fax: (604) 852 2459  
**TEL: (604) 852 2456**

4. Griefworks Helpline B.C.

**TEL: (604) 875 2731 or 1 877 234 3322**

5. Perinatal Loss Group

A group for parents grieving after perinatal loss.

BC Children's Hospital  
Contact: Lori Scheckter

**TEL: (604) 875 2149**

6. B.C. Bereavement Foundation

**TEL: (604) 738 9950**

7. Lion's Gate Hospital  
Social Work Counselor

**TEL: (604) 984 5810**

→ Vancouver Area:

1. Reproductive Medicine

This program offers a number of reproductive health services for women and their partners in the areas of pregnancy loss, infertility, premature ovarian failure, endometriosis, and menstrual irregularities. In addition, this program provides comprehensive evaluations of women with complex medical problems such as arthritis, vascular and clotting disorders who are contemplating pregnancy.

*Recurrent Pregnancy Loss Clinic* - assists women and couples experiencing three or more miscarriages, a late pregnancy loss, or women over thirty-five with two miscarriages.

*Pregnancy Loss Support Group at BC Women's Hospital & Health Centre-*

**TEL: (604) 875 3788**

*Family Services Vancouver –TEL: (604) 731 4951*

BC Women's Hospital & Health Centre

4500 Oak Street

Vancouver, BC. V6H 3N1

2. The Wishing Well – Counseling Service

The Vancouver Wishing Wells Counseling Service provides counseling support in the Vancouver area. Our counseling services include Individual Counselling, Couples & Family Counseling, Play Therapy, Filial Therapy, Child Behavior Consultation and Support, and Counselling for Adolescence.

Oakmont Medical Building

809 West 41<sup>st</sup> Ave, Suite 120

Vancouver, BC V5Z 2N6

[info@wishingwells counselling.com](mailto:info@wishingwells counselling.com)

[www.wishingwells counselling.com](http://www.wishingwells counselling.com)

**TEL: (604) 568 6556**

3. Compassionate Friends

**TEL: (604) 986 9954 or (604) 293 1790**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

4. Community Health Nurse – Coastal health Authority

**TEL: (604) 983 6700**

5. Willow Tree Counselling

Grief is an emotional response to a loss of some kind. It may be known as mourning or bereavement when we are grieving the loss of a loved one.

#239-1271 Howe Street  
 Vancouver, BC V6Z 1R3  
[megan@willowtreecounselling.ca](mailto:megan@willowtreecounselling.ca)  
**TEL: (604) 521 3404**

6. Living with Loss

101-395 West Broadway  
 Vancouver, BC V5Y 1A7  
**TEL: (604) 873 5013**

7. Family Services of Greater Vancouver

Has access to information on support groups in the greater Vancouver area.

1616 West 7<sup>th</sup>  
 Vancouver, BC. V6J 1S5  
**TEL: (604) 731 4951**

**Alberta Support Groups:**

→ Fort McMurray:

1. Sleeping Angels

Support for bereaved parents who have experienced the death of a baby due to early pregnancy loss, stillbirth, or in the first few months of life, and SIDS. Meetings are free but do require registration and are held the last Wednesday of every month from 7pm -9pm.

Some Other Solutions  
 9908 Manning Avenue  
 Fort McMurray, AB  
 Contact Jennifer  
**TEL: (780) 743 8605**

→ Edmonton:

1. Parent Care

ParentCare is a support group made up of Parents Helping Parents who have suffered the loss of a baby through miscarriage, ectopic pregnancy, stillbirth or early infant death up to 28 days. The group meets on the third Thursday of every month from 7:30-

9:30 PM to share experiences, exchange information, and generally support one another through a difficult and often lonely time.

Mother Rosalie Health Services Centre  
 Misericordia Hospital  
 16930-87 Avenue  
 Edmonton, AB  
 PO Box 3081  
 Spruce Grove, AB T7X 3A4  
 Contact: Patti Walker  
[Support@parent-care.ca](mailto:Support@parent-care.ca)  
**TEL: (780) 989 5040**

2. Grieving Parents of Edmonton Society

A support group for parents grieving the death of a child regardless of age or circumstance. Provides support from parents who have experienced the death of a child to help other parents cope with their loss. Meet every 3<sup>rd</sup> Thursday of the month at 7:30PM.

The Plumbers & Pipefitters Union Building.  
 16214-118<sup>th</sup> Ave NW  
 Edmonton, AB  
[gpchair@grievingparents.ca](mailto:gpchair@grievingparents.ca)  
[www.grievingparents.ca](http://www.grievingparents.ca)  
**TEL: (780) 451 5381**

3. SIDS (Sudden Infant Death Syndrome)

Dedicated to the emotional support of those who are affected by SIDS.

[info@sids-edmonton.ab.ca](mailto:info@sids-edmonton.ab.ca)  
**TEL: (780) 487 SIDS or (780) 487 7437**

4. Angel Whispers

Baby Loss Support Group: For families who have lost a baby during pregnancy or shortly after birth.

Pregnancy after a loss: For families who are joyfully and anxiously pregnant again after losing a baby. Meet every 2<sup>nd</sup> Sunday of every Month from 7:00-9:00PM.

Call to register and for current meeting dates.

Head Office:  
 Fort Saskatchewan Families First Office  
 10302A 99Ave  
[angelwhispers@familiesfirstsociety.ca](mailto:angelwhispers@familiesfirstsociety.ca)

[www.angelwhispers.ca/angelwhispers](http://www.angelwhispers.ca/angelwhispers)

Contact: Lori-Ann

**TEL: (780) 964-7464 or (780) 998-5595 ext 225**

5. H.E.A.R.T.S. "Helping Empty Arms Recover Through Sharing"  
Edmonton/Sherwood Park Chapter  
A baby loss support program for anyone touched by the loss of a baby during pregnancy or anytime after birth.  
Meet Monday evenings at the BriarPatch Family Life Education Centre in Sherwood Park: 7:00PM.

#44, 48 Brentwood Boulevard

Sherwood Park, AB

Contact: Cheryl Roberts

[Heartsbabyloss@shaw.ca](mailto:Heartsbabyloss@shaw.ca)

**TEL: (780) 464 3217**

6. The Compassionate Friends of Strathcona County  
Support for families who have experienced the death of a child at any age, for any reason. Meet Monday evenings at the BriarPatch Family Life Education Centre in Sherwood Park.

Contact: Cheryl Roberts

[Strathconacounty@tcfcanada.net](mailto:Strathconacounty@tcfcanada.net)

**TEL: (780) 464 3217**

7. Reproductive Mental Health Support Program  
Provides support to women in their reproductive years who are experiencing emotional issues along with their physical reproductive issues. Short term individual, couple, and/or group support with a Mental Health Therapist or Psychologist at no charge.

[Michelle.brandenberg@albertahealthservices.ca](mailto:Michelle.brandenberg@albertahealthservices.ca)

**TEL: (780) 735 6785**

→ Red Deer:

1. H.E.A.R.T.S. "Helping Empty Arms Recover Through Sharing"  
Red Deer Chapter.  
A baby loss support program for anyone touched by the loss of a baby during pregnancy or anytime after birth. Meet the 2<sup>nd</sup> Tuesday of each month at 7:00PM.

Red Deer Brumner Avenue

Community Health Centre

Contact: Simone Schumacher

[heartsreddeer@shaw.com](mailto:heartsreddeer@shaw.com)

**TEL: (403) 309 4344 ext 105**

→ Calgary:

1. Caring Beyond

Caring Beyond offers peer support to parents who have lost a baby due to miscarriage, ectopic pregnancy, stillbirth, neonatal death and termination due to poor prenatal diagnosis. We believe all losses to be equal regardless of circumstance or gestation. All of these babies were loved and wanted. Parents considering a subsequent pregnancy are also offered reassurance and support.

Monthly meetings are held the 1<sup>st</sup> Wednesday of each month in Room 160 at the Women's Health Centre 7:30-9:30PM.

**TEL: (403) 294 1131 or (403) 944 2274**

2. Pregnancy and Infant Loss Program

A part of the Women's Health Ambulatory Care Program and it provides information regarding choices for completion of a miscarriage (under 12 weeks gestation); guidance and intervention; grief support to parents and other family members who have experienced a pregnancy loss (miscarriage, ectopic pregnancy, still birth, neonatal death or termination) through individual, couple, and group counseling.

Foothills Medical Centre

Women's health Centre, North Tower

1403 29 St NW

Calgary, AB T2N 2T9

**TEL: (403) 944 2272 (grief support program) or (403) 944 3192 (early pregnancy loss program)**

**Saskatchewan Support Groups:**

1. Canadian Foundation for the Study of Infant Deaths

Provides literature resources and videos on sudden infant death syndrome and on reducing the risk of SIDS. They also publish a quarterly newspaper and provide emotional support to families who have lost a child to SIDS. The national number can put you in touch with a support person in your area.

586 Eglinton Ave. E, Suite 308

Toronto, ON. M4P 1P2

**TEL: 1-800-363-7437 (24hours)**

2. Compassionate Friends- Saskatoon Chapter

A self-help bereavement group meets on the last Tuesday of every month through out the year. This group is for parents who have experienced the loss of a child at any age, for any reason, no matter of the race or religious affiliation.



Meeting location: W A Edwards Centre, 333 4<sup>th</sup> Ave. N  
S7K 2L8

**TEL: 374-8862**

Fax: 477-2285

[www.members.shaw.ca/gkachur/tcf.html](http://www.members.shaw.ca/gkachur/tcf.html)

### **Manitoba Support Groups:**

1. The compassionate friends of Canada

The Compassionate Friends is an international, non-profit, non-denominational, self-help organization offering support and grief education to families who have suffered the loss of a child, from others who have experienced a similar loss.

<http://tcfcanada.net/>

1321 13<sup>th</sup> St.

Brandon, MB R7A 4S5

**TEL: 204-727 1823**

2. Crisis Pregnancy Centre –Winnipeg

650 Broadway Avenue West

Winnipeg Manitoba R3C 0C3

**TEL: 1 800 665 0570**

[loss@pregnancy.ca](mailto:loss@pregnancy.ca)

[chris@pregnancy.ca](mailto:chris@pregnancy.ca)

### **Ontario Support Groups:**

1. BabySteps

Named after the baby steps that form the long and difficult road to recovery from the loss of a child. Support, resources and dedications.

182-1054 Centre Street

Thornhill, ON L4J 8E5

[www.babystepsgiftshop.com](http://www.babystepsgiftshop.com)

Email:[info@babysteps.com](mailto:info@babysteps.com)

**TEL: 905 707 1030**

2. Bereaved Families of Ontario/Toronto

Provides peer mutual support to anyone who has had a loved one pass away.

28 Madison Ave.

Toronto, ON M5R 2S1

562 Eglinton Ave. E

Toronto, ON M4P 1P1

**TEL: 416-440-0290**

[info@bfotoronto.ca](mailto:info@bfotoronto.ca)

[www.bfotoronto.ca](http://www.bfotoronto.ca)

[info@bereavedfamilies.net](mailto:info@bereavedfamilies.net).

3. Bereaved Jewish Families of Ontario  
Self-help groups for parents who have lose a child; family nights; lending library.

Jewish Family and Child Service

4600 Bathurst Street

Willowdale, ON

M2R 3V3

**TEL: 416-638-7800 ext 202**

4. Good Grief  
Bereavement group offered in 6-8 week cycles in the evenings for those who have suffered the death of a loved one.

Paulist Centre

830 Bathurst St.

Toronto, ON

**TEL: 416-534-4219**

5. Halton Infertility & Pregnancy Support Services

**TEL: 905-967-2935**

6. Perinatal Bereavement Services of Ontario  
Support services for families who have lost a baby. Group support, one-to-one, subsequent pregnancy support, and annual memorials. Educational training for professionals.

6060 Highway 7 Suite 205

Markham, ON

L3P 3A9

**TEL: 1-888-301-PBSO (7276)**

**TEL: 905-427-1807**

[pbsocares@pbso.ca](mailto:pbsocares@pbso.ca)

[www.pbso.ca](http://www.pbso.ca)

7. Pregnancy and Infant Loss Network (PAIL Network)  
*PAIL network is a registered Canadian charity committed to making a positive difference to those affected by pregnancy and infant loss.*

**TEL: 1-888- 301- 7276**

[info@pailnetwork.ca](mailto:info@pailnetwork.ca)

8. The Scarborough Hospital Grace Division  
The Pastoral Care Department of the hospital offers a comprehensive perinatal loss program including making mementos (eg. Handprints) at the time of the loss, a grief group for parents, and a memorial service for cremated remains or miscarried and aborted fetuses.

[www.tsh.to/patients/pat\\_ps\\_fcm\\_bsg.aspx](http://www.tsh.to/patients/pat_ps_fcm_bsg.aspx)

### **Quebec Support Groups:**

1. Forever a Baby

Dawn Cruchet

Grief Educator, Facilitator

**TEL: 514-279-7358**

2. The Centre for Reproductive Loss

**TEL: 514-486-6708**

### **Nova Scotia Support Groups:**

1. Bereaved Families of Cape Breton

Bereaved Families of Cape Breton is a registered non-profit organization that was established in 1990 to serve Industrial Cape Breton. It was formed by local social workers, clergy, palliative care workers and bereaved persons who identified the need to support those who have experienced the death of a loved one. Bereaved Families also acts as a resource in educating the public to cope with and understand the grieving process, and prepare individuals to facilitate and lead Grief Recovery Groups. In addition to Grief Groups, support and share nights are held regularly at varying locations throughout CBRM.

188 George Street, Sydney P.O. Box 45

Station Sydney, Nova Scotia B1P 6G9

**Tel: (902) 564-6795**

Email: [infobf@seaside.ns.ca](mailto:infobf@seaside.ns.ca)

Web: [www.cbhelp.ca](http://www.cbhelp.ca)

2. Bereaved Parents Support Group

Michelle Rigby, Social Worker – **(902) 893 5536**

Barb Smith – **(902) 673 2549**

3. Project Rachel- Post Abortion Healing

Project Rachel is a confidential post-abortion healing ministry of the Catholic Church, extending the love, mercy, and forgiveness of God to anyone suffering the heartache that may follow an abortion choice. Project Rachel is for people of all walks of life and from all backgrounds.

PO Box 8333, Station A. Halifax, NS B3K 5M1

**TEL: (902) 423 9955**

Projectrachel\_halifax@yahoo.ca

### **Alaska Support Groups:**

1. Center for Loss in Multiple Births (CLIMB, Inc)  
By and for parents who have experienced the death of one or more multiples during pregnancy, at birth, in infancy, or in childhood, and for professionals and others with an interest in multiple birth loss. Bereavement support literature and contact with other multiple loss parents available.

Lisa -**273 7029**

Becky -**274 0010**

Parlmer: Jean -**746 6123**

2. Healing Hearts  
Support group for mothers who have experienced the death of a child.

44758 Sterling Highway, Unit B, Soldotna, AK.

Sue Zursluh – **262 0453**

3. Grief Share Recovery Ministry  
A program for people adjusting to the death of a family member. Meets Thursdays at 7:00p.m. at Anchorage Baptist Temple, 6401 Northern Lights. Blvd.

Pastor Tony Smith – **333 6535**

4. Lost and Found Grief Group  
Support group for anyone who has experienced the death of a loved one. Meetings are held every Wednesday at 7:30 p.m. in the 4<sup>th</sup> floor (State Farm Conference Room) at Wells Fargo Bank at Northern Lights/C Street.

Fred Kehl – **345 2525**

Forest Lawn – **344 1497**

5. The Compassionate Friends  
For families who have lost a child of any age through death. Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 6:30 to 8:00 p.m. at Providence Alaska Medical Center in the Pediatric Subspecialty Clinic conference room, 3<sup>rd</sup> floor, Bldg D.

Barbara Stephi, Chapter Leader – **248 1063**

Group Voice Mail – **273 5409**

[Stephi@alaska.net](mailto:Stephi@alaska.net)

6. Parents' Grief Support Group

A support group for parents who have experienced death of a child. The group meets at the Trinity Barn Plaza Community Room, Mile 2.2 Palmer- Wasilla Hwy.

Carl and Joyce Lund – **352 4800**

Kathy Franzenburg – **745 0726**

7. Parents Reaching Out

Assisting grieving parents and significant others through miscarriage or death of an infant. Meets 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month at Zion Lutheran Church, 2100 Boniface Parkway, from 7:00 to 9:00 p.m.

Lisa – **274 7029** or **273 5409** (voice mail)

Diane Beauvais, Valley Support Group – **373 2526**

Parentsreachingout.net

**United Kingdom Support Groups/Organizations:**

1. Ace Babes

A charity set up to support couples with families conceived by Assisted Conception techniques. Offers help to those who have experienced pregnancy loss after assisted conception, through access to members with this specific experience on their bulletin board.

2. AIMS (Associations for Improvements in the Maternity Services)

UK pressure group for better maternity care. Although a pregnancy- and childbirth-led organization, the website includes excellent articles on the experience and perception of miscarriage and pregnancy loss, and AIMS continues to campaign for better care for parents suffering the loss of a baby during pregnancy or neonatally.

3. Basingstoke Cot Death Support Group

The group offers support to newly-bereaved parents by visiting at home, and also through monthly meetings. These meetings are usually held on the first Tuesday of each month.

Contact: Jackie McLaurin **Tel: 01256 412818**

4. Birmingham Miscarriage Group

We meet on the first Tuesday of every month, between 7pm & 8.30pm in the Education Resource Centre at the Birmingham Womens Hospital in Birmingham. Contact: Alison Simons on **Tel: 07734 356550**

5. Bournemouth Miscarriage Group

Support and advice for women who have suffered a miscarriage. Phone contact initially, visits or meetings arranged on one-to-one basis if required.

xContact: Mrs Y Trapp

**Tel: 01202 580751**

6. Bridgewater Baby Loss Group

The Bridgewater Baby Loss Group (Sedgemoor and North Somerset) meets **monthly** on a **Tuesday evening 7-9 pm** at the Sydenham Family Centre, Fairfax Road, Bridgewater. The aim of the group is to enable women who have lost a baby either during pregnancy through miscarriage or termination for problems in the pregnancy, or around the time of birth, or those who have lost an older baby or young child to meet. This may be either a recent experience or occurred a number of years ago. Partners are also welcome to the meetings. Referrals are welcome from health professionals or directly. Contact: Kathy Carden (Midwife) or Wendy Cox (Health Visitor)

**Tel: 01278 446253**

7. Cambridge shire and Hertfordshire: Support after Pregnancy Loss

Support is available by telephone, and by email by contacting Janet Sackman and in support groups held every two weeks in different parts of Cambs and Herts.

Quarterly newsletter and support materials available, plus annual services of Remembrance in Cambridge and Hemel Hempstead.

**Tel: 01763 249243**

8. Chester and North Wales Miscarriage Support Group

Meets monthly meeting on the first Tuesday of every month in the Shotton, Flintshire area. Hospital visits also offered. I am a telephone contact for the Miscarriage Association and I am always here to listen and help support anyone who has lost a baby.

Contact: Karen Dalton **Tel: 01244 811473**

9. Compassionate Friends

The Compassionate Friends (TCF) is an organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. Our Helpline is always answered by a bereaved parent who is there to listen when you need someone to talk to, and can put you in touch with your nearest Local Contact. The helpline also offers support and information to those supporting bereaved families. It is open every day of the year - 10am to 4.00pm / 6.30pm - 10.30pm (GMT).

**Tel: 0845 123 2304**

10. CRUSE Bereavement Care

Charity offering help to people bereaved by death, in any way, whatever their age, nationality or belief. Help includes counselling, bereavement support groups and advice or information on practical matters.

**Helpline: 0844 477 9400**

11. Dundee Baby Bereavement Support Group

The Baby Bereavement Support Group meets every 2nd Thursday of the month at Ninewells Hospital in Dundee. There will be a Christmas Service of Remembrance held at the University of Dundee Chaplaincy Centre on Thursday 12 December at 7.30.

**Tel: 01382 645880**

12. Ectopic Pregnancy Trust

Provides support and information to couples who have suffered an ectopic pregnancy. Offers a helpline and support network. Also supports research into the underlying causes, treatment and prevention of this life-threatening condition and strives to improve the diagnosis and treatment of ectopics within the medical profession.

**Helpline: 020 7733 2653**

13. Farnborough Baby & Infant Bereavement Group

Contact: Mrs Joy Donaldson

**Tel: 01252 545429**

14. Forget Me Not Support Group, Cornwall

Support for anyone affected by the loss of a baby during pregnancy, and for anyone who needs support during subsequent pregnancy. A friendly welcome, literature and information available at meetings. We meet twice a month at St Austell Community Hospital, Porthpean Road, St Austell 7-8.30 p.m. 2nd Thurs - Support Following Pregnancy Loss 4th Thurs - Support During Subsequent Pregnancy Run by bereaved parent for bereaved parents and their families. Visit the group website at <http://www.forgetmenotbaby.org> for more information and details of other meetings. Contact: Jenny Moore

15. Foundation for the Study of Infant Deaths

The Foundation for the Study of Infant Deaths (FSID) is one of the UK's leading baby charities working to prevent infant deaths and promote baby health. FSID carries out its aims by funding research, supporting bereaved families and promoting information on how to reduce the risk of cot death to health professionals and the public. FSID runs a helpline on 020 7233 2090: 9am to 6pm, Monday to Friday, calls are answered in confidence by trained advisors. 6-11pm, every day of the year, calls are answered in confidence by trained befrienders who have been bereaved by the sudden and unexpected death of their baby.

**Helpline: 020 7233 2090**

## 16. Grimsby Miscarriage Support Group

We are a small group that meets on the first Monday of every month at 7:30pm, in Ward B2 Resource Room at the Diana, Princess of Wales Hospital in Grimsby. Please feel free to come along. Visit the group website at <http://www.grimsbymiscarriage.co.uk> for more information.

## 17. Huntingdon Miscarriage Support Group

This new group runs every 3rd Thursday, 7.30pm to 9.30pm, and is held at The Acorn Centre, Oxmoor, Huntingdon, Cambridgeshire.

Contact: Amanda **01480 384538** Trisha **01487 741456** or by emailing Amanda Buckenham

## 18. Leeds Miscarriage Support Group

The Leeds Miscarriage Support Group meets on the **2nd Tuesday of every month** from 7.30pm at the **Leeds General Infirmary, Assisted Conception Unit, Floor C**. The aim of the group is to enable women who have lost a baby either during pregnancy through miscarriage to meet others who have suffered similar losses. This may be either a recent experience or occurred a number of years ago. Partners are also welcome to the meetings. Support is also available by phone.

Contact: Denene Capper **Tel: 01274 772474**

## 19. Liverpool (Women's Hospital) Miscarriage Support Group

A small, friendly informal group where you can meet with others who have had the same experience, in a safe environment. No appointment necessary. Meetings are held on the first Thursday of every month at the Liverpool Women's Hospital at 7.30pm in the conservatory on the ground floor. Contact: Eileen Ryan

**Online: Amber's Support Group** Support group for families who have experienced the death of a baby during pregnancy. Also provides support for families of babies born prematurely.

**Online: Losing a Baby** Support group for people who have experienced miscarriage.

## 20. Southampton Miscarriage Association Support Group

Meets on the second Thursday in every month at the Princess Anne Hospital, Southampton

**Helpline: 07860 370709**

## 21. Stockport Miscarriage &amp; Ectopic Pregnancy Support Group

We meet on the first Wednesday of the month at Stepping Hill Hospital, Stockport, from 7.30 pm.

Contact : Elaine Doyle or Elaine Gregory **Tel: 0161 286 3327**

## 22. St. Paul's Tintagel Miscarriage Support Group



A Catholic miscarriage support group. Aims of the group include an annual mass for all miscarried babies at the church of St Paul the Apostle, Tintagel, Cornwall; and a memorial book kept in church for all miscarried babies and their families regardless of religious beliefs. Anyone wishing to include their babies and their families is welcome to email [miscarriage@rosenthalenglish.worldonline.co.uk](mailto:miscarriage@rosenthalenglish.worldonline.co.uk) or go to <http://beehive.thisiscornwall.co.uk/tintagelcatholic> - open the miscarriage support page and fill in the online form.

23. The Child Death Helpline

The Child Death Helpline is a national freephone service staffed by bereaved parents. It is a joint venture between the Royal Liverpool Children's NHS Trust Alder Hey and Great Ormond Street Hospital for Children NHS Trust. The Helpline is for parents or anybody affected by the death of a child of any age from pre-birth to adult, under any circumstances. Child Death Helpline: Evenings 7pm - 10pm, Monday to Friday 10am - 1pm, Wednesday afternoons 1pm - 4pm

**Tel: 0800 282986**

24. The Miscarriage Association

Provides support and information for those affected by the loss of a baby in pregnancy. Offers a helpline (9am to 4pm), a network of support groups and telephone contacts across the UK, and a range of leaflets, factsheets and audiotapes. Also works to raise awareness and sensitivity amongst health care professionals through conferences, workshops and supporting clinical research projects.

**Helpline: 01924 200799**

25. Torquay Miscarriage Support Group

For those who have suffered miscarriage or ectopic pregnancy. We meet on the first Monday of each month in the Meeting Room, Level 4, Maternity Unit, Torbay Hospital.

Contacts: Gill **Tel: 01803 400740** or Karen **Tel: 01803 296667**

26. Sands (Stillbirth and Neonatal Death Society)

Support for parents and families whose baby is stillborn or dies soon after birth. Offers a helpline (9.30am - 5.30pm, Monday to Friday), local groups run by and for bereaved parents and a range of information resources including publications and leaflets. Sands also provides information, support and training for health and other professionals and funds research into perinatal loss.

**Helpline: 020 7436 5881**

27. Save the Baby

The Save the Baby Unit at St Mary's Hospital in Paddington - formerly known as St Mary's Recurrent Miscarriage Clinic - is the largest clinic of its kind in the world. For over 15 years, this internationally renowned service has helped people affected by infertility, recurrent miscarriages and later pregnancy complications. Thanks to the clinic, over a

thousand couples every year give birth to healthy live babies who would not otherwise exist.

28. Scottish Care & Information on Miscarriage (SCIM)

Offers a specialised counselling service for: miscarriage, stillbirth, neonatal death, and related issues such as; infertility, depression, stress, relationship difficulties, emotional support, employment issues, loss and bereavement.

**Tel: 0141 552 5070**

29. Wolverhampton (New Cross Hospital) Miscarriage Group

For those who have experienced a miscarriage or death of a child. One-to-one bereavement counselling offered. Contact: Chris Hammond, Delivery Suite, New Cross Hospital, Wolverhampton

**Tel: 01902 643118**

**United States Support Groups:**

1. Alive Alone

2. Always Loved ~ Never Forgotten

Monthly Newsletter and Support Group for anyone who has lost a child of any age. You are not alone... Lets remember our children, one memory at a time.

[www.home.comcast.net~aln1](http://www.home.comcast.net~aln1)

3. Angel Babies Forever Loved

"...a non-profit corporation established to support grieving parents of infants.

Whether from miscarriage, stillbirth, neonatal loss, or SIDS, we all share in the loss of our babies.

[www.angels4ever.com](http://www.angels4ever.com)

[angelbabiesforever@gmail.com](mailto:angelbabiesforever@gmail.com)

4. Angel Wing Parents, Inc.

We are a group of parents who have lost children at all different stages of their lives. Our children in their short time on earth brought so much light to everyone around them. We do kind acts and charity work in the name of our children to keep their light shining bright. We are here to support and help each other through this hard journey we have begun.

5. A Place to Remember

Uplifting support materials and resources for those who have been touched by a crisis in pregnancy or the death of a baby.

[www.aplacetoremember.com](http://www.aplacetoremember.com)

1885 University Avenue Suite 110

Saint Paul, MN 55104

aptr@aplacetoremember.com  
**TEL: 1 800 631 0973 or 651 645 7045**  
**FAX: 651 645 4780**

6. Baby Dreamers Ministry

Baby Dreamers Ministry is a Christian-based online community purposed to encourage married couples living through the challenges of infertility, miscarriage, and infant loss.

[www.angelbabyministries.net](http://www.angelbabyministries.net)

123W. Market Street  
Orwigsburg, PA 17961

[angelbabies@verizon.net](mailto:angelbabies@verizon.net)

**TEL: 1-570 366 8676 or 1- 570 366 8675**

**FAX: 1-570 366 8674**

7. Beloved Angels

You will find support and resources for those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or newborn death. In addition, you will find our own story about a very early miscarriage and how we now have the understanding about our loss of our unborn baby that we have named Davin and our niece Emily that was born too early and grew her wings six days after being born. Please view the Precious Angels page to view memorials for special angels, created out of love from their parents.

[www.belovedangels.freeservers.com](http://www.belovedangels.freeservers.com)

8. Bereaved Parents of USA

It is a non-profit self-help group that offers support, understanding, compassion and hope especially to the newly bereaved be they bereaved parents grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings. It is open to all parents, grandparents and siblings regardless of the age or the circumstances of the death of their children, grandchildren or siblings.

<http://www.bereavedparentsusa.org/>

Bereaved Parents of the USA

PO Box 622

St Peters, MO 63376

**TEL: 630-841-7056**

**HELPLINE: 800-273-8255**

9. First Candle

Dedicated to helping parents cope after the death of their baby from SIDS, Stillbirth and other infant death.

[www.firstcandle.org](http://www.firstcandle.org)

1314 Bedford Ave Suite 210  
Baltimore, MD 21208  
[info@firstcandle.org](mailto:info@firstcandle.org)  
**TEL: 1800 221 7437 24/7 Grief counsellors**

10. Forever Our Angels

Hannah Stone writes and speaks on various topics of pregnancy loss. She is the author of "Forever Our Angels" and "Remembering Our Angels: Personal Stories of Healing from a Pregnancy Loss".  
[www.foreverourangels.tripod.com](http://www.foreverourangels.tripod.com)

11. Grief Speaks

Presentations, workshops, training, assemblies and keynotes on supporting individuals who are coping with grief due to different types of loss, including miscarriage and stillbirth loss.

<http://www.griefspeaks.com/>  
lisa@griefspeaks.com  
**TEL: (973) 912-017**

12. Growth House, Inc.

Grief related to pregnancy and infant death. Has a chatroom, information about helping children grieve, other death directories, lesbian and gay family support (children's death as well as many other issues).  
[www.growthhouse.org/natal.html](http://www.growthhouse.org/natal.html)

13. HAND: Helping After Neonatal Death

HAND, which stands for Helping After Neonatal Death, is a non-profit, volunteer group founded in the early 1980's to provide support and information to bereaved parents, their families and friends following a miscarriage, stillbirth, or newborn death. Highlights of this site include a virtual quilt and online newsletter.

[www.handonline.org](http://www.handonline.org)  
PO BOX 341  
Los Gatos, CA 95031  
**TEL: 1 888 908 4263 24hr phone line**

14. Hannah's Prayer

Hannah's Prayer desires to provide Christian based support and encouragement to couples around the world who are struggling with the pain of "fertility challenges" including infertility, pregnancy loss or early infant death. They also have a newsletter.

[www.hannah.org](http://www.hannah.org)  
PO Box 92737

Long Beach, CA 90809  
**TEL: 562 335 4130**

15. A Heartbreaking Choice

For parents who interrupt a wanted pregnancy following poor prenatal diagnosis. With the increased use of prenatal testing, more and more families are faced with the devastating news that something is seriously or fatally wrong with their unborn baby. For those parents who choose to interrupt their pregnancies after poor prenatal diagnosis, there is very little in the way of support programs. With this site and the dedication of courageous parents willing to reach out, we hope to create a safe haven of encouragement and validation.

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

16. Heavenly Angels in Need

We give burial items for baby no matter how young, and memory boxes free to grieving families. Serve nationally.

[www.heavenlyangelsinneed.com](http://www.heavenlyangelsinneed.com)

17. Hygeia

Hygeia Foundation for Perinatal Loss and Bereavement Inc. Its mission: To assuage the hurt and the pain... the grieving and the sorrow... which accompanies the loss of a pregnancy or newborn child. Included are: a resource center, poetry, memories and mementoes and stories.

[www.hygeia.org](http://www.hygeia.org)

18. Honored Babies

A place where mothers whose babies have died (miscarriage, ectopic pregnancy, stillbirth, neonatal death, infancy death, and/or pregnancy termination) can add their babies to an Online Memorial, join an Online Support Group Email list (there's also one for Grandmothers), and submit their "entire story" for book publication. Also offered is a Resource Centre and keepsakes.

Paula Long  
5309 Thornwood Circle  
Dickinson, Texas 77539  
**TEL: 281 337 1822 or 832 656 8404**

19. Infants Remembered in Silence, Inc. (IRIS)

Non-profit organization that is dedicated to offering support, education and resources to parents, families, friends and professionals on the death of a child in early pregnancy or from stillbirth, premature birth, neo-natal death, birth defects, sudden infant death syndrome (SIDS), illness, accidents, and all other types of infant & early childhood death. They provide bereavement support packages, clothing sets, newsletters, support group meetings, and one on one support.

<http://www.irisremembers.com/iris.cfm>

112 Third Street NE  
Faribault, MN 55021

[support@irisremembers.com](mailto:support@irisremembers.com)

**TEL: (507) 334-4748**

20. M.I.S.S. (Mothers in Sympathy & Support)

The mission of M.I.S.S. is to allow a safe haven for parents to share their grief after the death of a child. MISS provides support to parents enduring the tragedy of stillbirth, neonatal death and infant death from any cause including SIDS, congenital anomalies, trisomy 13. Grief education for parents and professionals is their main focus. They also provide family support packages, perinatal professional services, online support group forums, in-person support groups, counseling.

<http://www.misschildren.org/>

77 E Thomas Rd #112  
Phoenix, AZ 85012

[info@missfoundation.org](mailto:info@missfoundation.org)

**TEL: 1-602-279-MISS (6477)**

**TEL: 1-888-455-MISS (6477)**

21. Missing GRACE Organization

The Missing GRACE Organization serves to help families on their journey through pregnancy and infant loss, infertility and adoption. They provide support and resources to aid individuals as they Grieve, Restore, Arise, Commemorate and Educate. Further, they commit to make available educational opportunities that will help bring about awareness and prevention of stillbirth.

<http://www.missinggrace.com/org/index.html>

The Center for G.R.A.C.E.  
Pregnancy, Loss & Family Services  
21370 John Milless Dr.  
Suite 210  
Rogers, MN 55374

[info@missinggrace.org](mailto:info@missinggrace.org)

[support@missinggrace.org](mailto:support@missinggrace.org)

**TEL: 763-497-0709**

22. Mommies Enduring Neonatal Death

Not-for-profit corporation whose purpose is to reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through meetings, the bi-monthly newsletter, and our Internet web site.

<http://www.mend.org/support/home.asp>

P.O. Box 631566

Irving, TX 75063

Rebekah Mitchell

[rebekah@mend.org](mailto:rebekah@mend.org)

**TEL: 972-506-9000**

23. The Angel Teddy Bear Foundation

This organization delivers teddy bears to hospitals that are in turn given to parents of stillborn children, miscarriages and neonatal loss. Along with these teddy bears is a card containing a sympathy message and the website address.

<http://www.angelteddybears.org/>

PO Box 1082

Latrobe, PA 1565

[info@angelteddybears.org](mailto:info@angelteddybears.org)

**TEL: 206-350-4405**

24. National SHARE Office

All of SHARE's information packets, correspondence, and support is free of charge for bereaved parents. They also publish a bi-monthly newsletter that is available to bereaved parents, free of charge for the first year thanks to The Employees Community Fund of Boeing-St. Louis.

<http://www.nationalshare.org/>

402 Jackson Street

Saint Charles, Missouri 63301-3468

[info@nationalshare.org](mailto:info@nationalshare.org)

**TEL: 800-821-6819**

25. Now I Lay Me Down To Sleep/Infant bereavement Photography

This organization provides a helping hand and a healing heart to parents experiencing (at any stage) the death of an infant. NILMDTS offers a vital service to our communities. For families overcome by grief and pain, the idea of photographing their baby may not immediately occur to them. Offering gentle and beautiful photography and videography services in a compassionate and sensitive manner is the heart of this organization. The soft, gentle heirloom photographs of these beautiful babies are an important part of the healing process. They allow families to honor and cherish their babies, and share the spirits of their lives.

<https://www.nowilaymedowntosleep.org/>

2305 E. Arapahoe Road Suite #220 Centennial

CO 80122

**TEL: 720-283-3339**

**TOLL FREE: 1-877-834-5667**

26. Perinatal Hospice

Clearinghouse of information about perinatal hospice and palliative care

<http://perinatalhospice.org/>

27. Remembered Forever

This site offers users the chance to create a personalized online memorial for their lost loved ones. You can add photos, memories, videos, tributes, stories and even light virtual candles in remembrance.

[http://www.remembered-forever.org/  
support@remembered-forever.org](http://www.remembered-forever.org/support@remembered-forever.org)

28. SPALS: Subsequent Pregnancy After Loss

SPALS is a warm and compassionate group of people who have experienced the loss of a child due to miscarriage, selective termination, stillbirth, neonatal death, sudden infant death, or accidental death."

<http://www.spals.com/home/index.html>  
michael@spals.com

### **Ireland Support Groups**

1. Irish Hospice Foundation

Bereavement support is an important aspect of the work of the Irish Hospice Foundation. They provide resources including information, education and other services. They have produced a range of leaflets to download that are aimed to help bereaved people and those that wish to help a bereaved person. They include leaflets for children and some leaflets in Polish.

<http://www.hospice-foundation.ie/>

Morrison Chambers – 4th Floor

32 Nassau Street

Dublin 2

[info@hospice-foundation.ie](mailto:info@hospice-foundation.ie)

**TEL: (01) 679 3188**

**FAX: (01) 673 0040**

2. Bereavement Counselling Service

The Bereavement Counselling Service offers support and counselling to enable people to deal with their grief. Their website has helpful hints and advice for dealing with many



different areas of grief and bereavement including Spouse/partners, helping the bereaved, grieving the death of a child, a child's grief, people with disabilities.

<http://www.bereavementireland.com/>

The Community Hall, Main Street

Baldoyle, Dublin 13

**TEL: (01) 839 1766**

3. Barnardos

Barnardos Bereavement Counselling for Children is a service for children and young people who have lost someone close to them – like a parent or a sibling - through death. Barnardos has developed information and resource materials on bereavement for children and adults.

<http://www.barnardos.ie/index.html>

Christchurch Square, Dublin 8

[info@barnardos.ie](mailto:info@barnardos.ie)

**TEL: (01) 453 0355**

FAX: (01) 453 0300

4. Irish Sudden Infant Death Association

I.S.I.D.A. offers support to families bereaved by the sudden unexpected and often unexplained death of an infant or young child and to others affected by it. The Association offers information on Sudden Infant Death to families, professionals, the media and the public, and promotes research into the causes and prevention of Sudden Infant Death.

<http://www.isida.ie/ContentBuilder/DisplayPage.aspx?DataId=DA000003>

Carmichael House,

4 North Brunswick Street, Dublin 7

[isida@eircom.net](mailto:isida@eircom.net)

**TEL: 01-8732711**

**HELPLINE: 1850-391-391**

FAX: 01-8726056

5. Miscarriage Association of Ireland

The Miscarriage Association of Ireland holds support meetings, once a month in Dublin, where people can meet in a supportive environment and if they wish they can share their experiences with others who have had similar experiences. They also have a Telephone Support Line for those in need of support, understanding and a listening ear.

<http://www.miscarriage.ie/contactus.html>

Carmichael Centre

North Brunswick Street

Dublin 7

<mailto:info@miscarriage.ie>

**TEL: (01) 873 5702**

6. A Little Lifetime Foundation

A Little Lifetime Foundation (formerly Isands), provide information and support to bereaved parents and families. They work with health care professionals and others to develop good practices in the area of Infant death.

<http://www.isands.ie/>

Carmichael House

4 North Brunswick Street

Dublin 7

[info@alittlelifetime.ie](mailto:info@alittlelifetime.ie)

**TEL: (01) 872 6996**

7. Anam Cara

Anam Cara Parent Bereavement Support group supports parents and families on the loss of a child.

<http://www.anamcara.ie/>

HCL House,

Second Avenue,

Cookstown Industrial Estate,

Tallaght, Dublin 24

[info@anamcara.ie](mailto:info@anamcara.ie)

**TEL: (01) 4045 378**

8. Féileacáin

Féileacáin aims to provide support to anyone affected by the death of a baby during pregnancy or shortly after. They are a group of bereaved parents who came together to offer hope and support to others.

[www.feileacain.ie](http://www.feileacain.ie)

[info@feileacain.ie](mailto:info@feileacain.ie)

**TEL: 085 2496464**

### **New Zealand Support Groups**

1. Miscarriage Support

They are a team of volunteers of various ages who have all experienced the loss of our own babies and would like to provide emotional support and information for women and their families during and after miscarriage and subsequent pregnancies

<http://www.miscarriagesupport.org.nz/index.html>

[support@miscarriagesupport.org.nz](mailto:support@miscarriagesupport.org.nz)

**HELPLINE: (09) 378 4060**

**TEL/FAX: (09) 360 4034**

2. Stillbirth and Newborn Death Support (SANDS)

Sands branches around New Zealand are parents helping to care for other bereaved parents, families and friends. They promote awareness, understanding and support for those dealing with the death of a baby in pregnancy, birth or neonatally, or due to medical termination, and other forms of reproductive loss.

<http://www.sands.org.nz/>

Sands NZ National Office

37 Hope Farm Avenue

Pakuranga

Manukau 2010

[contact@sands.org.nz](mailto:contact@sands.org.nz)

[info@sands.org.nz](mailto:info@sands.org.nz)

**TEL: 0800 726374**

3. Twin Loss NZ

A New Zealand wide group for those who have lost one or more or all of their twins, triplets or more from early pregnancy to childhood and beyond, including the loss of a twin sibling in adulthood.

[www.twinloss.org.nz](http://www.twinloss.org.nz)

Rosemary Smart or Jan Liddell

PO Box 51-984

Pakuranga

Auckland 2010

[twinloss@xtra.co.nz](mailto:twinloss@xtra.co.nz)

4. Skylight

They offer a wide range of services to support those facing tough times of change, loss, trauma and grief - whatever the cause, and whatever their age. They also equip, train and support those wanting to assist them, such as friends or family members, community volunteers and professionals.

[www.skylight.org.nz](http://www.skylight.org.nz)

2 Green St

Newtown, Wellington 6021

[rs@skylight-trust.org.nz](mailto:rs@skylight-trust.org.nz)

**TEL: 0800 299 100 or +64 4 939 6767**

5. Grief Centre, Auckland

They provide support, advice & counseling to help those affected by grief and loss. The Death of a loved one shifts the whole foundation of their life. The Grief Centre offers Support Groups, and Training Courses.

[www.griefcentre.org.nz](http://www.griefcentre.org.nz)

92 Hinemoa Street  
Birkenhead, Auckland  
**TEL: (64 9) 418 1457**

6. SIDS New Zealand

SIDS New Zealand Incorporated is a national organisation of parents, families and friends of children who have died suddenly and/or unexpectedly of any cause including SIDS.

[www.sids.org.nz](http://www.sids.org.nz)

PO Box 350  
Waiuku 2341  
[info@sids.org.nz](mailto:info@sids.org.nz)

7. Taha

Taha provides services for Pacific Mothers and Babies

[www.taha.org.nz](http://www.taha.org.nz)

The University of Auckland (Tamaki Campus)  
Building 730, Level 3  
261 Morrin Road  
Glen Innes  
Auckland 1072  
[taha@auckland.ac.nz](mailto:taha@auckland.ac.nz)

**TEL: +64 9 373 7599 extension 83787**

**FAX: +64 9 373 7624**

8. The Lost Ones

A NZ site dedicated to the ones that are lost to us through Miscarriage, Stillbirth or SIDS and to the ones they leave behind with empty arms and tear filled eyes.

[thelostones.co.nz](http://thelostones.co.nz)

### **Australia Support Groups**

1. Pregnancy Loss Australia

Pregnancy Loss Australia (formerly known as Teddy Love Club) is a national support program for bereaved families who suffer the loss of their baby or babies from

miscarriage, stillbirth, termination for foetal abnormality and neo natal loss through our early support program and professional support services.

<http://www.teddyloveclub.org.au/index.php?id=1>

Po Box 7176 West Lakes SA 5021

[contactus@pregnancylossaustralia.org.au](mailto:contactus@pregnancylossaustralia.org.au)

**TEL: 1300 720 942**

2. Angel Babies Foundation

Angel Babies Foundation provides free counselling and information to individuals and families across Australia experiencing anxiety, grief or loss related to infertility, ectopic pregnancy, miscarriage, perinatal death, stillbirth, premature birth or neonatal death.

<http://www.angelbabies.org.au/>

Monash Enterprise Centre

5a Hartnett Close,

Mulgrave, VIC 3170

[info@angelbabies.org.au](mailto:info@angelbabies.org.au)

**TEL: 1300 283 238**

3. Australian Multiple Birth Association

The Multiple Birth Association Bereavement Support Group (M-BABS) was formed to provide a means of communication for bereaved multiple birth families and surviving multiples and to act as a forum for the sharing of information relating to the unique aspects of loss for a multiple birth family.

<http://www.amba.org.au/>

ACN 088 772 276

PO Box 105

Coogee NSW 2034

[secretary@amba.org.au](mailto:secretary@amba.org.au)

**TEL: 1300 886 499**

4. Bears Of Hope Pregnancy & Infant Loss Support

An Australian registered charity providing support and guidance for parents who experience the loss of their baby during pregnancy, birth or infancy. Through the donation of a bear of hope, parents are provided with the comfort of knowing they are not alone from the very beginning, and offered significant ongoing support to heal their broken hearts.

<http://www.bearsofhope.org.au/>

[contact@bearsofhope.org.au](mailto:contact@bearsofhope.org.au)

**TEL: 1300 11 BEAR**

5. Bereavement Care Centre

The Bereavement Care Centre offers complete bereavement care services including bereavement counselling, educational courses, books, CDs, DVDs and information for bereaved adults and children. There is a fee for services.

<http://www.bereavementcare.com.au/>

14 Hollis Avenue, Eastwood, NSW 2122

[info@bereavementcare.com.au](mailto:info@bereavementcare.com.au)

**TEL: 1300 654 556**

6. National Association for Loss And Grief

To encourage and promote professional and community education in loss and grief. Has established many loss and grief support groups/chapters throughout Australia. Both group and one on one support is offered at no cost through a referral process.

<http://www.nalag.org.au/>

**TEL: (02) 68829222**

**HELPLINE: 02 9489 6644**

7. Pillars Of Strength

Providing dads with support and 'time out' while their baby is sick, and also to bereaved dads after the loss of their baby.

<http://www.pillarsofstrength.com.au/concrete/>

Mail: PO Box 93

Ryde NSW 1680 Australia

[info@pillarsofstrength.com.au](mailto:info@pillarsofstrength.com.au)

**TEL: 0423 028 751**

8. The Stillbirth Foundation Australia

The Stillbirth Foundation works to reduce the incidence of stillbirth in Australia. To achieve this goal, the Stillbirth Foundation operates with the aims to: fund and encourage research into stillbirth; and increase public awareness about stillbirth. Whilst the Stillbirth Foundation does not offer direct bereavement support, we hope that the information you find in this website will provide you with some comfort that something is being done to address the terrible tragedy that is stillbirth.

<http://www.stillbirthfoundation.org.au/>

Suite 8, 181 High Street, North Willoughby NSW 2068

**TEL: 02 9967 3229**