

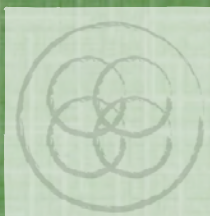
Cayenne Wellness Center
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cayenne
wellness center and children's foundation

Miscarriage Support Group :: Spring 2010

Cayenne Wellness Center will hold its next Miscarriage Support Group for twelve weeks, beginning Thursday, 11 March 2010 at 7:00 pm. You must register to participate in the group.

Registration and Fee:

Call 818 377 5120 to register

A nominal fee of \$20.00 per session

Location:

208 South Louise Street

Glendale, CA 91205

(on the corner of Harvard and Louise, right across from the Glendale Central Library)

Date and Time:

Our first session will start on Thursday, 11 March 2010

Our meeting time is as follows:

6:45 - 7:00 :: tea and healthy snack

7:00 - 7:15 :: lecture on a topic

7:15 - 8:30 :: group discussion

Normally, following the death of a family member, we would expect support to come from those closest to us. Death as a result of a miscarriage is unusual in that we often find the most comfort comes from women who we are not necessarily close to us but have experienced miscarriage and dealt with it in a healthy, healing way. Here, at Cayenne Wellness Center, we offer a twelve week therapeutic support group to women who have experienced a miscarriage and to assist them through the grieving process in a healthy and healing environment.

Women need emotional support and information during and after a miscarriage. At Cayenne Wellness Center's Miscarriage Support Group, women will be able to talk freely about the surge of emotions that are bound to occur. Questions which tend to creep up are ... [blame/guilt] Did I do this? [grief] When will I stop feeling this way? I need to talk someone. [completion] How do we say our goodbyes? How come no one around me wants to talk about it?

We hope you will share this information. Thank you!