

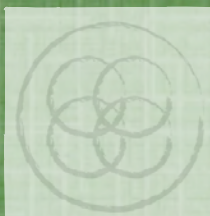
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cayenne
wellness center and children's foundation

Miscarriage Support Group :: Spring 2010

Cayenne Wellness Center will hold its next Miscarriage Support Group for twelve weeks, beginning Thursday, 14 January 2010 at 7:00 pm. You must register to participate in the group.

Registration and Fee:

Registration will be held on Saturday, 9 January 2010 at 10:00 am

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, 14 January 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. 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!